NO CORD CUTTING FOR CANADIAN NETFLIX USERS

NEARLY ONE IN THREE HOMES WITH KIDS UNDER 12 HAS A SUBSCRIPTION TO THE POPULAR STREAMING SERVICE, A NEW REPORT OUTLINES PAGE 8

VANCOUVER metro®

Monday, February 25, 2013

News worth sharing.

metronews.ca | twitter.com/vancouvermetro| facebook.com/vancouvermetro

A GOLD LINING!

Jennifer Lawrence accepts the award for best actress in a leading role for Silver Linings Playbook during the Oscars at the Dolby Theatre on Sunday in Los Angeles. For more on the 85th annual Academy Awards, see pages 10 and 11, or visit metronews.ca. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

Pre-campaign kickoff

Premier unveils MLA hopefuls, while the NDP rallies its troops PAGES 4 & 5

Another Pistorius in hot water

Accused murderer Oscar Pistorius' brother, Carl, has been charged in the death of a woman killed in a traffic accident PAGE 6

This makes the cake

Tomato purée on the side adds zip to rice cakes PAGE 16

MY VISION IS WORTH $_____.

We know your vision is priceless.

But it doesn't have to be costly.

Say goodbye to glasses and contacts with laser vision correction **starting at $490/eye***

Find out how we do it at lasikmd.com
Free consultation: 1-877-663-9888

LASIK MD VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

The price you pay

At Flight Centre our pricing has nothing to hide.
All advertised prices include all taxes and fees!

FLIGHT CENTRE®
Unbeatable

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free.†

Los Angeles
Vancouver Canucks
Rail + 2 Nights 4-Star
+ Game Tickets
from **$699**
INCLUDES overnight rail coach seat, 2 nights downtown accom during Spring Break and lower bowl tickets to the Mar 23rd game Canucks vs LA Kings. **ADD** Universal Studios Tour from $120.

Official travel partner of the Vancouver Canucks

Airfares

San Francisco
from **$383**

Las Vegas	from $189*
Honolulu	from $329*
Los Angeles	from $366
Maui	from $449*
Puerto Vallarta	from $511
Ixtapa	from $517
Cayo Santa Maria	from $581
Toronto	from $586
Huatulco	from $635
New York	from $639
Ft Lauderdale	from $659
Orlando	from $669
Cancun	from $684
Costa Rica	from $799
London	from $832
Frankfurt	from $860
Amsterdam	from $891
Lima	from $1069
Hong Kong	from $1079
Rome	from $1149
Tokyo	from $1259
Auckland	from $1289
Sydney	from $1339

Cruise & Stays

Orlando
Air + 4 Nights + 7-Night Cruise
from **$1469**
INCLUDES airfare, central Orlando accom and cruise sailing roundtrip Port Canaveral visiting CocoCay (Bahamas), St. Thomas (US Virgin Islands) and St. Maarten. **UPGRADE** to 4-star accom and oceanview stateroom from $15 per night.

Miami Air + 3 Nights + 7-Night Cruise from $1679
INCLUDES airfare, central Miami accom on the beach and cruise sailing roundtrip Fort Lauderdale visiting Nassau, St. Thomas (US Virgin Islands) and St. Maarten.

Rome Air + 3 Nights + 7-Night Cruise from $2639
INCLUDES airfare, central Rome accom and cruise sailing roundtrip Rome visiting Messina (Sicily), Piraeus (Athens), Ephesus (Turkey) and Chania (Crete). **UPGRADE** to 4-star accom and oceanview stateroom from $13 per night.

Canada

Kelowna Family Special
2 Nights 4-Star
from **$69**◊ pp
INCLUDES accom on the shores of Lake Okanagan. Price per person based on family of 4. **BOOK** this package based on double occupancy from $144.

Harrison Hot Springs
May Long Weekend, 2 Nights from $154 pp
INCLUDES accom near Harrison Lake.

Whistler Spring Break
4 Nights from $534 pp
INCLUDES slopeside accom on Blackcomb Mountain. **ADD** 3-day lift ticket to ski Whistler from $122 per day.

Toronto Air + 4 Nights from $689
INCLUDES downtown accom near the financial, entertainment and cultural areas.

All-inclusive Vacations

Puerto Vallarta
7 Nights 4-Star
from **$895**

Cayo Santa Maria 7 Nights 5-Star	from $971
Los Cabos 7 Nights 4-Star	from $981
Riviera Maya 7 Nights 4-Star	from $1060
Mazatlan 7 Nights 5-Star	from $1065
Varadero 7 Nights 4-Star	from $1111
Punta Cana 7 Nights 4.5-Star	from $1145
Cancun 7 Nights 4.5-Star	from $1235
Jamaica 7 Nights 4-Star	from $1420

Vacations

Shanghai
Air + 7 Nights 4-Star
from **$1289**
INCLUDES central accom near shopping and attractions.

Iceland Air + 7 Nights from $1399
INCLUDES accom near the main shopping street of Reykjavik. **UPGRADE** to 4-star accom from $20 per night. **ADD** whale watching and Blue Lagoon tour from $133.

Budapest Air + 8 Nights from $1599
INCLUDES accom on the banks of the Danube River. **UPGRADE** to 4-star accom from $22 per night. **ADD** extreme caving tour from $43.

Bali Air + 9 Nights 4-Star from $1659
INCLUDES hilltop accom overlooking the Bay of Tanjung Benoa.

Rio de Janeiro
Air + 7 Nights from $2059
INCLUDES Copacabana accom. **BONUS** daily breakfast included. **ADD** city tour to Sugarloaf Mountain from $100.

Russia Air + 6 Day Tour from $2699
INCLUDES 6-day tour visiting St Petersburg and Moscow.

California

Palm Springs
Air + 3 Nights
from **$542**
INCLUDES downtown Palm Springs accom near dining, shopping and golf.

Anaheim Family Special
Air + 3 Nights from $326◊
INCLUDES accom near theme parks. Price per person based on family of 4. **ADD** *Disneyland* Resort 3-Day *Park Hopper* Ticket from $243/adult, $228/child (ages 3-9).

San Diego Air + 3 Nights from $634
INCLUDES accom next to a golf course. **BONUS** daily breakfast included. **UPGRADE** to 4-star accom from $17 per night. **ADD** San Diego Zoo admission from $52.

Special Offer
Save up to 20%◊◊
when you book a G Adventures tour in Australia or New Zealand.

USA

Seattle Spring Break
3 Nights
from **$264** pp
INCLUDES art deco accom over Spring Break. **UPGRADE** to 4-star accom from $10 per night. **ADD** Seattle Space Needle admission from $24.

Las Vegas Air + 3 Nights from $395
INCLUDES accom on the Strip. **UPGRADE** to 4-star accom from $11 per night.

Phoenix Air + 3 Nights from $567
INCLUDES Mesa area accom near dining, shopping and golf.

New York Air + 3 Nights 4-Star from $775
INCLUDES Manhattan accom. **ADD** Empire State Building entry from $21.

Honolulu Air + 7 Nights from $817
INCLUDES central Waikiki accom near shopping, dining and beaches.

flightcentre.ca
More great deals online!

Visit us in store.
170 stores across Canada.

Join our Insider Club for hot deals. Text **YVR** to **131 600**

1 866 317 0953
850 Travel Experts across Canada.

All advertised prices include taxes & fees.

*Conditions apply. Ex: Vancouver. *Ex: Bellingham. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person based on quad occupancy (2 adults & 2 children ages 2-17). ◊◊Valid on new bookings of G Adventures tours in Australia and New Zealand only. Must book from February 1 to 28, 2013. 15% off promotion applies to G Adventures tours in Australia and New Zealand with departure dates by December 31, 2013. 20% off promotion applies to G Adventures tours in Australia and New Zealand with departure dates by July 31, 2013. Applies to the land portion only, and does not include optional or additional services such as airfare, pre/post-accommodation, 'My Own Room', transfers, insurance, theme packs or other services in destination. Excludes private groups & custom tours and Independent trips. May not be combined with any other offer, promotion or discount, and subject to availability. †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #HO2790*

Twihards beware

Stephenie Meyer at Metrotown Monday

Local Twihards are getting a chance to take a bite out of the creator of sparkly vampires.

Stephenie Meyer, author of the bestselling Twilight saga, will be in town for a book signing in Burnaby — her only Canadian stop — at Chapters Metrotown Monday.

Meyer, 39, has been making the rounds promoting the big-screen adaptation of her first adult novel The Host, a science fiction tale starring Raoirse Ronan, William Hurt, Diane Kruger, Max Irons, and Jake Abel. The film, directed by Andrew Niccol (Gattaca, In Time), hits theatres March 29.

Stephenie Meyer
GETTY IMAGES

Fans can catch Meyer from 5:30 to 9 p.m. The event will feature music by DJ Mary Mac, on-site contests and giveaways.

Three of the four films in the hit teen vampire romance series (New Moon, Eclipse, and Breaking Dawn) were shot in and around Vancouver and the Lower Mainland, including Stanley Park and Steveston.

The teen bloodsucker franchise also catapulted celebrity trio Kristen Stewart, Robert Pattinson and Taylor Lautner to worldwide stardom.

The city of Forks in Washington started celebrating Meyer in 2007 to honour the author, whose novels have sold more than 100 million copies worldwide and have made the remote town a popular tourist destination.

PHYLICIA TORREVILLAS/METRO

A Coast Guard vehicle leaves the Kitsilano Coast Guard station after it was closed permanently in Vancouver last week. DARRYL DYCK/THE CANADIAN PRESS

Feds selling Kits coast guard land?

Oceanfront real estate.
Unspecified First Nation or multiple First Nations among prospective buyers: Undated memo

EMILY JACKSON
emily.jackson@metronews.ca

B.C. politicians may have wanted to save the Kitsilano coast guard, but a leaked memo suggests the federal government fast-tracked its closure so it can sell the oceanfront real estate to First Nations.

The government wants to sell three federal properties in the Vancouver area to an unspecified First Nation or multiple First Nations, according to the undated memo.

It only names the Jericho site, but says the Department of Fisheries and Oceans (DFO) — which includes the coast guard and appears to control the land where the shuttered station sits — is working on the deal that it hopes to complete by 2014.

"We are working toward a business agreement between Canada and First Nations aimed at unlocking the value of these properties for the economic benefit of all parties," the memo states.

"It certainly seems to me they're anxious to do the land deal," Vancouver Coun. Kerry Jang, who obtained the memo last week, said Sunday. "That's probably why they didn't speak to us."

Jang checked the land records and said the land near the Burrard Bridge appears to be federal crown land under the control of the DFO.

"If you have to sell the land, fine, but you could have just moved the existing services somewhere else," Jang said, pointing to Stanley Park. "This whole thing is becoming more curious by the day."

Provincial and local politicians, along with the fire and police chiefs, protested the closure of the base with a $700,000 annual budget. Of the 300 calls it responded to annually, approximately one third involved life threatening situations.

The day after the federal government abruptly closed the base last week, it announced $6.6 million in funding for a coast guard base in Newfoundland.

The coast guard is working with DFO Real Property to identify next steps for the building and site now that it is no longer operational, according to a DFO spokesperson.

The Squamish and Tsleil-Waututh Nations did not immediately return requests for comment on Sunday. A representative from the Musqueam Nation did not know if they were involved in the deal. All three nations have traditional territories in the Lower Mainland.

Quoted

"If you have to sell the land, fine, but you could have just moved the existing services somewhere else.... This whole thing is becoming more curious by the day."

Vancouver Coun. Kerry Jang

Canadian Health Care Academy
OPEN HOUSE EVERY THURSDAY 6-8PM
Health Care Assistant Program Begins Weekly!
Only 6 months long including a 5 week practicum in a FHA or VCH Nursing Home
Nursing Unit Clerk Program
Begins March 11th 2013 | Only 7 months long
(3days/week) including a 5 week practicum in a FHA or VCH Hospital/Nursing Home
NEW CLPNBC APPROVED
Practical Nursing Program
Begins April 8th 2013 | Start now | 73 weeks long including clinical experiences in FHA & VCH Nursing homes & Hospitals
English, Biology, Math & Anatomy & Physiology Nursing Pre-Requisites
All pre-requisites for the PN program are offered part time - free of charge. Call for start dates.
Call: 604.540.2421 | info@canadianhealthcareacademy.com | www.canadianhealthcareacademy.com

Tragic week. Avalanche risk high across the province

Be careful out there, backcountry users.

Avalanche ratings remain considerable to high in regions across B.C. after a deadly week on the province's slopes.

Heavy snowfall and weather conditions prompted the Canadian Avalanche Centre to boost danger ratings to high for Lower Mainland regions including the Sea-to-Sky, South Coast–Inland and the North Shore, along with most regions in the interior.

The North Shore saw "widespread" natural and human-triggered avalanche activity throughout the weekend. Travel is not recommended while the "very dangerous" conditions persist.

A man died in an avalanche accident while skiing out of bounds near the Revelstoke Mountain Resort on Friday afternoon. The slide buried three skiers in the group of five, but those who escaped the path were only able to rescue two, according to coroner Barb McLintock.

Poor weather conditions delayed the retrieval of the man's body until Saturday. His name will be released Monday once his family has been notified.

Earlier in the week, a 34-year-old German tourist died in a Size 2 avalanche while he was heli-skiing with a group of 11 near Jumbo Mountain. EMILY JACKSON/METRO, WITH FILES FROM THE CANADIAN PRESS

Funded by Sensible B.C.

B.C. spends $10.5M on enforcing pot possession laws annually: Study

A new study suggests B.C. is leading the way when it comes to reported marijuana offences, despite having a typical rate of marijuana usage.

SFU professor Neil Boyd, author of the study A Blueprint for Change, said B.C. taxpayers spend $10.5 million each year to enforce laws against possession, and the number of offences reported by police in B.C. is double the national average.

The study was funded by Sensible B.C., an organization that advocates for decriminalizing marijuana in B.C. LIAM BRITTEN/METRO

Clark touts balanced budget in pre-campaign kickoff

Run-up to May 14 election. Premier also unveils Liberal candidates, with some nominations pending on Vancouver Island

Premier Christy Clark smiles as she speaks to the media after addressing the Board of Trade luncheon in Vancouver on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Premier Christy Clark has unveiled the Liberal party's candidates at a pre-campaign kickoff to the May 14 election, which she says will be a tough, close fight.

Clark told supporters Saturday that her government's delivery of a balanced budget last Tuesday is a solid foundation for growing the economy.

She touted the proposed development of a liquefied natural gas industry as "the opportunity of a lifetime" and a way to pump trillions of dollars into B.C.'s economy so the province's debt can be erased in the next 15 years.

The party has yet to nominate seven of 14 candidates on Vancouver Island, but Clark said the best representatives in each community are being sought.

"They don't have what we have," she said of the Opposition New Democrats as 60 candidates stood behind her in the ballroom of a Vancouver hotel.

The NDP currently holds 10 of 14 seats on the Island.

Sixty-four Liberal candidates have been nominated or acclaimed so far. THE CANADIAN PRESS

Familiar faces

4

Four former mayors are running for the Liberals, including Sam Sullivan, who defeated Christy Clark to run for mayor of Vancouver in 2005.

B-Impressed.

The All-New 2013 B-Class is here, starting at $29,900.*

A Daimler Brand

THE ALL-NEW 2013 B 250.
STARTING FROM: $29,900*

- All-new 2.0-litre turbocharged four cylinder engine with 208 hp
- Improved fuel economy with ECO Start/Stop technology
- Class-leading safety features such as COLLISION PREVENTION ASSIST

Mercedes-Benz

© 2013 Mercedes-Benz Canada Inc. **2013 B 250 shown above.** *National MSRP $29,900, all-in pricing up to $32,540 dependent on region. National MSRP pricing is shown and is intended for information purposes only. Prices do not include licence, insurance or registration fees, as well as any other products or services not listed that may be available to you through your selected Mercedes-Benz dealership. Vehicle prices subject to change. Dealer may sell for less. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100.

NDP promises 'practical' plan to change province's government

Focus. Leader says the party will promote a positive message and steer clear of negative and personal attacks

More than two months before British Columbia's provincial election, both the premier and official opposition leader say they're girding for a hard-fought campaign, but some supporters are already showing contrast in how they'll go after the vote.

Both the governing Liberals and the New Democrats held pre-campaign events over the weekend, alongside party council meetings, in which they rallied candidates and enthused their bases.

The New Democrats highlighted on Sunday their use of the slogan "Change for the better: One practical step at a time."

Leader Adrian Dix spent much of his speech rousing the energetic crowd by projecting that his party will topple the Liberals with a pledge to avoid personal attacks on them.

He promised his party won't retaliate against advertisements that take aim at his own personal track record, noting he doesn't believe people get into politics because they don't want to contribute to their community.

"They didn't wake up in the morning and say we are going to run negative, nasty ads about other people," he told party members gathered at a hotel in Burnaby.

"We have to bring people back to the political process, and that means making politics more meaningful, more positive, more thoughtful, more generous."

Dix served as chief of staff to former NDP premier Glen Clark, but left his position after an incident — for which he has since apologized — in which he back-dated a memo to help his boss.

THE CANADIAN PRESS

British Columbia NDP Leader Adrian Dix pauses while addressing supporters in Burnaby at the conclusion of an event on Sunday to prepare the party for the upcoming provincial election. DARRYL DYCK/THE CANADIAN PRESS

Man arrested following alleged stabbing spree

A 23-year-old Surrey man is facing charges after going on an alleged stabbing spree in downtown Vancouver Friday that left one man seriously injured and two others hurt.

Police were called to Keefer and Taylor streets at around 11 p.m. after reports of a stabbing.

When officers arrived, they found a man hurt after being stabbed in the stomach.

He was rushed to hospital with serious, life-threatening injuries.

Officers tracked down a suspect in front of the McDonald's at the International Village mall.

The man was taken into custody without incident. He is facing multiple assault and weapons-related charges.

Police said they also found a woman who had been slashed in her hands inside the McDonald's. She was brought to hospital with minor injuries.

A third victim in the unit block of West Pender Street was found a short time later with a slash wound to his neck.

The 54-year-old Vancouver man was taken to hospital with non-life threatening injuries.

Police said all three stabbings appear to be related and they are still trying to determine the motive for the violent attacks.

PHYLICIA TORREVILLAS/METRO

Negotiations

'Productive' talks for city community centres

Talks between Vancouver's park board and the community centres still willing to negotiate with it appear to have taken a friendly turn this weekend.

The board's attempt to update the 40-year-old joint operating agreement with the city's 20 community centre associations has been a struggle, to say the least, as centres vie to keep control of revenue and some accuse the board of negotiating in "bad faith."

But productive discussions were held between the board and the 12 centres still at the table, according to a joint statement that says there is "strong coherence" between the two parties' plans for a new agreement.

The parties have agreed upon a process and agenda going forward, though it's not clear how long the facilitated negotiations will last. (The centres originally asked for three months, according to their proposal. EMILY JACKSON/METRO

Potential homicide

Body found in Surrey

The integrated homicide investigation team is investigating after a body was found in Surrey on Sunday.

Police said the body, found in the 12100 block of Colebrook Road in the Panorama Ridge area was likely a victim of a homicide. IHIT has taken over the case from the Surrey RCMP, Cpl. Bari Emam said. Police cannot yet confirm the gender or identity of the victim.

EMILY JACKSON/METRO

BCIT's BIG info session February 27

EXPLORE YOUR CAREER OPTIONS

Get your questions answered by faculty and staff, and discover a wide variety of full-time and part-time programs.

Wednesday, February 27, 5–8 pm

Burnaby Campus
3700 Willingdon Avenue

To register and get a preview of BIG Info visit

bcit.ca/biginfo

BCIT® It's your career. Get it right.

Brother of Oscar Pistorius also charged in death of a woman

Accused of negligent killing. Carl Pistorius had charges dropped, then reinstated in fatal traffic accident

The murder case involving Olympic star Oscar Pistorius took another unexpected turn Sunday with the news that his older brother, Carl, is himself facing charges for the death of a woman in a traffic accident.

Carl Pistorius faces a charge of unlawful, negligent killing for a 2008 road death, "in which a woman motorcyclist sadly lost her life," Kenneth Oldwage, the Pistorius family lawyer, said on Sunday. The accident happened in Vanderbijlpark, south of Johannesburg. The charge of "culpable homicide" was dropped and then reinstated and will be challenged in court, the lawyer told The Associated Press.

To drop and then reinstate charges is "not uncommon in South African criminal law. The law specifically makes provision to allow charges to be dropped and then to be reinstated as a result of further investigations," said Jacob van Garderen, director of Lawyers for Human Rights. "It is a practical procedure, a process that is there to assist both sides."

This past weekend, model Reeva Steenkamp, who was shot to death by Oscar Pistorius on Valentine's Day, was on television again in a new episode of the reality show Tropika Island of Treasure 5, even though she was buried last Tuesday.

On Monday, Oscar Pistorius must report to the police station in Brooklyn, a suburb of the capital Pretoria, and sign in; a twice-weekly procedure that is part of his bail conditions.

Pistorius was released on bail Friday and stayed at the home of his uncle Arnold in Waterkloof. His brother Carl came to visit the house Sunday.

Oldwage said that "Carl deeply regrets the accident" and that a blood test showed he was not drunk at the time.

Oscar Pistorius was charged with premeditated murder, but the athlete says he killed his girlfriend accidentally, opening fire after mistaking her for an intruder in his home. THE ASSOCIATED PRESS

Investigator also charged

It is the second time someone associated with the case has been found to face a charge that had been dropped and reinstated.

- **The chief police investigator** faces charges of seven counts of attempted murder for allegedly shooting at a vehicle with seven passengers.
- **Hilton Botha** was removed from the Pistorius investigation following the revelations, and a new chief detective was appointed on Thursday.

Brother Carl Pistorius, right, and father Henke attend Oscar's bail hearing Tuesday. THEMBA HADEBE/THE ASSOCIATED PRESS FILE

Holy See ya later

Pope's last Sunday

Pope Benedict XVI bestowed his final Sunday blessing on a crowd in St. Peter's Square. Tens of thousands have already asked for a seat for his last general audience on Wednesday. THE ASSOCIATED PRESS

Scotland

Cardinal under investigation for 1980s 'behaviour'

The Vatican is looking into allegations of "inappropriate behaviour" by Cardinal Keith O'Brien, Britain's most senior Catholic cleric, officials said Sunday. The claims come at a sensitive time, as cardinals prepare to choose the next pope.

British newspaper the Observer reported that three priests and a former priest made the allegations. THE ASSOCIATED PRESS

Syrian rebels aim tanks at strategic police academy

Rebels backed by captured tanks launched a fresh offensive on a government complex housing a police academy near the northern city of Aleppo on Sunday, while the government hit back with air strikes to try to protect the key installation, activists said.

If rebels capture the complex, it would mark another setback for President Bashar Assad. In recent weeks, his regime has lost control of key infrastructure in the northeast, including a hydroelectric dam, a major oil field and two army bases along the road linking Aleppo with the airport to its east.

Rebels have also been hitting the heart of Damascus with occasional mortar shells or bombings.

On Saturday, opposition fighters in the eastern province of Deir el-Zour overran a military post believed to have once been the site of a partly built nuclear reactor, which Israeli warplanes bombed in 2007. THE ASSOCIATED PRESS

Search for a Syria solution

U.S. Secretary of State John Kerry embarked Sunday on his first official overseas voyage in a mission for new ideas on how to end the violence in Syria.

- **Long journey.** Kerry left Washington to start a gruelling nine-nation, 10-day trip to Europe and the Middle East.

EVER FOREX 匯聯
Offices in Vancouver, Burnaby, Richmond & Surrey
• Currency Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
USD, EUR, GBP, AUD, NZD, JPY, CNY, THB, TWD, MYR, PHP, SGD, MXN

The Outdoor Adventure & Travel Show
Presented by: adventures
YOUR ADVENTURE STARTS HERE!
Come to Canada's largest showcase of outdoor gear and adventure travel experiences!
SATURDAY & SUNDAY
March 2 & 3
The Vancouver Convention Centre
1055 Canada Place
GET AMAZING PRE-SEASON DEALS!
Camping • Kayaking • Hiking • Climbing
Cycling • Trail Running • Stand Up Paddling
Outdoor Adventure Getaways!
FIND ONCE-IN-A-LIFETIME ADVENTURE TRAVEL DESTINATIONS!
www.OutdoorAdventureShow.ca
EXPLORE 300+ EXHIBITS!
SAVE MONEY BUY YOUR TICKETS ONLINE
Bring the Whole Family
The Vancouver Convention Centre
West Building - 1055 Canada Place
Saturday: 10 am - 6 pm • Sunday: 10 am - 5 pm
Admission: $12 • Youth: 12 - 17/ Seniors 60+: $10
Children 11 and under are free
For more information call 1-800-891-4859 ext. 800

Honda
WINTER PAYMENT
FREEZE
Event

Put your payments on ice.

Don't pay for 90 days on all financed vehicles‡.

OR

Lease the 2013 Civic DX for $178Ω per month for 48 months.
3.99%€ APR.
$1,880 Downpayment.
MSRP** $16,935.

Lease the 2013 Accord LX for $288* per month for 48 months.
3.99%# APR.
$2,200 Downpayment.
MSRP** $25,630.

Lease the 2013 CR-V LX for $289† per month for 48 months.
2.99%¥ APR.
$3,007 Downpayment.
MSRP** $27,630.

BCHONDA.COM

HONDA

‡No payments for 90 days offer applies to finance offers on all new 2013 Civic models, 2013 Accord models and 2013 CR-V models, purchased and delivered by February 28th, 2013. Offer available only through Honda Financial Services, on approved credit. Monthly payments are deferred for 90 days. Contracts will be extended accordingly. Interest charges (if any) will not accrue during the first 60 days of the contract. After 60 days, interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract. Buy rate until 90 days. Standard dealer participation may affect rate. Offer ends February 28th, 2013. Ω Lease payment is based on a new 2013 Civic DX 5MT model FB2E2DEX / 2013 Civic DX 5MT model FB2E2DEX. 4.6% lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $178.77. Downpayment of $1,880. Total lease obligation is $16,935.84. Taxes, license, insurance and registration are extra. $8,000 kilometre allowance, charge of $0.12/km for excess kilometres. ‡‡ Limited time lease offer based on a new 2013 Civic DX 5MT model FB2E2DEX / 2013 Accord LX MT model CR2E3DE. 3.99% lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $287.83. Downpayment of $2,200. First monthly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $16,015.84. Taxes, license, insurance and registration are extra. $8,000 kilometre allowance, charge of $0.12/km for excess kilometres. * MSRP is $25,630 / $27,630 including freight and PDI. ¥ 2.99% lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $288.00. Downpayment of $3,006.55. First monthly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $16,878.55. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance, charge of $0.12/km for excess kilometres. † MSRP is $16,885 / $25,630 / $27,630 including freight and PDI of $1,495 / $1,640 / $1,640 based on a new 2013 Civic DX 5MT model FB2E2DEX / 2013 Accord LX MT model CR2E3DE / 2013 CR-V LX 2WD RM3H3DES. ¥ 2.99% lease APR for 48 months O.A.C. Monthly payment, including freight and PDI, is $289.00. Downpayment of $3,007. First monthly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $16,878.55. Taxes, license, insurance and registration are extra. 96,000 kilometre allowance, charge of $0.12/km for excess kilometres. † MSRP is $16,885 / $25,630 / $27,630 including freight and PDI of $1,495 / $1,640 / $1,640 based on a new 2013 Civic DX 5MT model FB2E2DEX / 2013 Accord LX MT model CR2E3DE / 2013 CR-V LX 2WD RM3H3DES. PPSA, license, insurance, taxes, and other dealer charges are extra and may be required at the time of purchase. ‡#*ΩΘ€¥†** Offers valid from February 1st through February 28th, 2013 at participating Honda retailers. Dealer may sell for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

HIT THE SLOPES TONIGHT AND SAVE!

Metro and Cypress Mountain invite you to ski or board tonight and save 25% off of your lift ticket. Simply cut out this ad and bring it to the Alpine area at Cypress Mountain anytime after 2 p.m. today!

Sign-up and you could win Cypress Mountain lift tickets at www.clubmetro.com

VISIT clubmetro.com TO ENTER

Your ticket to the mountain!
Exchange this voucher on the mountain at the Alpine Ticket Office.
Valid after 2 p.m. to close TODAY ONLY - FEBRUARY 25

cypress mountain.com

Limited one per customer. Not valid with any other offer.
Must have original coupon.
Not valid with any lesson package.

sp: metro ski Photo provided by Cypress Mountain

Netflix and TV like a horse and carriage, report says

Usage. Almost one in three homes with kids under 12 has a Netflix subscription, and 36% of homes with teens do

Netflix Canada is growing in popularity. PHOTO ILLUSTRATION BY GETTY IMAGES

Canadian Netflix users stream an average of about an hour a day, watch another half hour's worth of content online and catch another hour and a half of broadcast TV, suggests a study.

Most Netflix customers are not so-called cord cutters — a term to describe consumers who have cancelled their cable or satellite plan in favour of other content options — according to the report by the Media Technology Monitor (MTM), based on surveys with thousands of Canadians.

In fact, Netflix users were found to be more likely than other consumers to shell out for a premium TV package, even while paying $8 a month for the streaming service. While 31 per cent of anglophone consumers said they pay extra for a premium TV package, the figure was 36 per cent among Netflix subscribers.

MTM estimated that about one in five anglophones were subscribing to Netflix in the fall and users watched an average of 6.4 hours on Netflix a week.

Subscribers appeared to be watching less TV on cable and satellite, tuning in for about 11.3 hours per week compared to the 14.9 hours that non-users watched. But when adding their Netflix streams and content viewed online, they watched an average of more than 22 hours a week, well above the almost 16 hours for non-Netflix users.

As for demographics, 29 per cent of consumers aged 18 to 34 said they were Netflix users, followed by 27 per cent of those aged 35 to 49. THE CANADIAN PRESS

Case of the missing mural

A new stencilled rat holding a sign that reads "Why?" appears on the side of a shop beside where the old Banksy artwork was removed in London, England. The original artwork — Slave Labour — vanished earlier this month. It appeared on the website of a Miami auction house, due to be sold Saturday with an estimated price of $500,000 to $700,000. But the BBC reported that the auction house confirmed the piece had been withdrawn from sale. JORDAN MANSFIELD/GETTY IMAGES

Sequestration

Canadians will feel the pain of U.S. debt reductions

Canada will feel the sting if U.S. Congress fails this week to avert what's known as sequestration, an array of massive spending cuts to a host of federal departments and agencies aimed at slashing America's $16-trillion national debt.

On Thursday, $85 billion in cuts for this fiscal year alone are slated to kick in. All told, sequestration would amount to $1.2 trillion in budget reductions by 2021.

For Canadians, that means shopping trips to border communities will almost immediately become a hassle as they're confronted with waits of several hours at busy entry points. They'll also feel the effects when they fly, as U.S. officials cancel flights and shutter some control towers and airports.

Exporters, meantime, will face far longer cargo processing times at border entries, and business travellers will be ensnared in long lines at the border.

And Beyond the Border, the Canada-U.S. plan aimed at intelligence-sharing, easing and streamlining cross-border trade and harmonizing regulations, could also be shelved, with U.S. Customs and Border Protection poised to cut the equivalent of almost 8,000 positions.

"This is such a large reduction in spending that nothing is going to go untouched, and things that are not really essential as far as the U.S. government is concerned will be on the chopping block," John Manley, head of the Canadian Council of Chief Executives, said in an interview Sunday.

The U.S. Customs and Border Protection agency has already moved from sequestration planning to sequestration implementation. THE CANADIAN PRESS

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.ca

MoneyProvider.com
$500 Loan and more
Fast, easy and secure
No credit refused
1-877-776-1660
www.moneyprovider.com

1000 Minutes
150MB Data
Get a Voice and Data Plan like this for just...
$50 per month
Call Us Now

TIMES TELECOM Bell

Our Locations
BURNABY Crystal Mall , Metropolis at Metrotown , Cornerstone at SFU RICHMOND Aberdeen Centre SURREY Central City Shopping Centre VANCOUVER Hudson , UBC Pharmacy

www.timestelecom.ca
1-888-980-8380

FEDS LEAVE COAST GUARD STATION HIGH AND DRY

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

If you're wondering why people don't trust politicians anymore, you might find a clue in the zippy shutdown of the Kitsilano coast guard station.

First, the Harper Government (HG trademark registered) said the station wasn't needed. This in spite of the 350 calls a year fielded by the base. That's nearly a call a day from someone on the water who needs help.

Then the HG said the Richmond station can handle the extra calls. Richmond is 17 nautical miles away from English Bay. Hope they've got a fast boat.

Then the HG said it would add a couple of Zodiacs to HMCS Discovery, spurring visions of rescuers doing a Zodiac portage under the Stanley Park causeway, and then ruffling the feathers of the swans in Lost Lagoon as they make their determined way toward English Bay.

Then the HG said it would close the base in the spring, so everybody braced themselves for a spring closure.

Then the HG jumped the gun and closed the station down last Tuesday, 30 days away from the vernal equinox, i.e. "spring." Well, said an HG spokesperson, in Vancouver springtime comes in February, so you guys are always saying.

The HG said that closing the base would save $700,000 a year. Then we learned they're about to invest $6.6 million in a coast guard station in Burin, N.L., population 2,470. The population of Metro Vancouver? Exactly 1,000 times more at 2,463,700.

Then another HG shoe drops. A memo surfaces that seems to show the HG making a deal with a First Nation to turn the land over to them, land suspiciously near a high-rise development planned by the Squamish First Nation at the south end of the Burrard Bridge.

So ...

What's going on here? Is there a secret land deal? Does Stephen Harper like Newfoundland better than Vancouver? Why is the HG so adamant about saving $700,000 a year, when it thinks nothing of spending anywhere from $75-$150 million for a single fighter jet?

You could buy the entire fleet of coast guard Zodiacs for $150 million and still have enough left over to spend the $1 million needed to transport the prime minister's bulletproof limo to India, a nation which apparently can't be trusted to have sufficiently advanced bulletproof technology.

When there are too many explanations, there aren't any. It is said you can tell a politician is lying when his or her lips move.

On this one, no one's even stopping to take a breath.

Health risk

Ottawa calls for tanning beds to carry skin-cancer warning labels

It's not yet moving to the sometimes hideous pictorial warning labels seen on cigarette packaging, but Ottawa wants to get the message across that tanning beds can be hazardous to your health.

Health Minister Leona Aglukkaq says Health Canada will soon require that all tanning beds carry warnings about skin cancer and other potential dangers.

The proposed changes come after several provinces moved to prevent the use of tanning beds by young people.

Earlier this month, legislation took effect that would ban those under 18 from using tanning beds in Quebec.

Using indoor tanning equipment before age 35 significantly increases the risk of developing melanoma skin cancer, according to research by the International Agency for Research on Cancer.

Canada's proposed tanning-bed labels don't forbid their use, but instead warn the devices are "not recommended for use by those under 18 years of age."

The labels would also read Tanning Equipment Can Cause Cancer, and carry a list of other health risks associated with tanning.

THE CANADIAN PRESS

Final finish line for centenarian

KIN CHEUNG/THE ASSOCIATED PRESS

Setting the pace

Oldest marathon runner retires

The world's oldest marathon runner ran his last race on Sunday at the age of 101.

Fauja Singh finished the Hong Kong marathon's 10-kilometre race in a time of one hour, 32 minutes and 28 seconds.

The Indian-born runner, nicknamed the Turbaned Torpedo, had said that he would hang up his sneakers after the race in the southern Chinese city, just before his 102nd birthday.

THE ASSOCIATED PRESS

Rising from the ashes

"From a tragedy has come a lot of success and happiness."

Fauja Singh, world's oldest marathon runner.

Singh explained that he took up running as a way to get over depression after his wife and son died in quick succession in India. The death in 1994 of his son took a particularly hard toll on Singh because of its grisly nature. Singh and his son, Kuldip, both farmers, were checking on their fields in the middle of a storm when a piece of corrugated metal blown by the wind decapitated Kuldip in front of his father's eyes.

Toronto marathon man

- Singh, a great-grandfather, became the oldest man to run a full marathon in Toronto in 2011, at the age of 100. But his record was not recognized by Guinness World Records because he doesn't have a birth certificate to prove his age. Singh has a British passport that shows his date of birth as April 1, 1911, while a letter from Indian government officials states that birth records were not kept in 1911.

Long-distance trek

Starting to run was no sweat

Singh went to live with his youngest son in London, England, after his other son died. That's where Singh attended tournaments organized by the Sikh community and he took part in sprints.

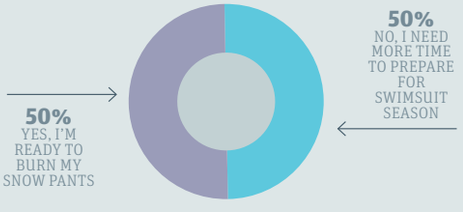
He met some Sikh marathon runners who encouraged him to take up long-distance running. One day he saw a marathon on television for the first time and decided that's what he wanted to do, too.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you counting down the days till spring?



Twitter

@MayorGregor:
Loving the craft beer boom in Vancouver - finally changes in BC/City brewing regs are imminent! http://ow.ly/1SGNjr

@JodieEmery:
I was the BC Green candidate in Vancouver-Fraserview in 2009; I'm Vancouver-West End this year. http://www.JodieForMLA.ca @Ginger1383 @bcgreens

@jtoshido:
Soooo tired from Vancouver this weekend, such a sick time.. last day of not dieting today :(#backintofightcamp #priorities

@shaynasmummy:
Oh, how I wish @chipcoffey was coming to Vancouver on his Canadian tour. Sigh ...

@lauraagfrudy:
working on the plans for a small pro shop at the new Badminton Vancouver facility!

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

The cast of Argo accepts the best picture award at the 85th Academy Awards in L.A. on Sunday. ALL PHOTOS GETTY IMAGES

A mixed bag at the Oscars

Hollywood's highest honour. Metro looks at the highlights of the 85th Academy Awards

NED EHRBAR
Metro World News in Hollywood

It was Ben Affleck's night as his film, Argo, earned the top prize at the 85th Academy Awards. Despite Affleck being shut out of the best director race, his CIA-meets-Hollywood drama snagged the top prize of best picture in a night of scatter-shot awards distribution. Argo also earned Oscars for best adapted screenplay and for best editing.

Outside of the best picture race, there was no movie that had a clean sweep. Ang Lee's Life of Pi came closest, earning four awards — the most of any film this year — including best director for Lee, while Les Misérables scored three. Jennifer Lawrence earned the only award for Silver Linings Playbook, winning her first Oscar for best actress.

Jennifer Lawrence

Daniel Day-Lewis

Daniel Day-Lewis also made movie history by becoming the first actor to win three best actor trophies after his win for Lincoln.

As expected, Michael Haneke's Amour won for best foreign language film and Anne Hathaway earned a trophy for best supporting actress for her role in Les Misérables as the tragic Fantine.

"I look up to you all so much, and it's just been such an honour," Hathaway said, paying tribute to fellow nominees Sally Field, Amy Adams, Jacki Weaver and Helen Hunt.

And Adele easily took the best song category for Skyfall, breaking down in tears in the middle of her speech and letting co-writer Paul Epworth finish up.

In a rare Oscars tie, the award for best sound editing was shared by Zero Dark Thirty and Skyfall. For history buffs, the last time there was a tie for an Oscar was in 1968, when Barbra Streisand shared the award for best actress with Katharine Hepburn.

Awards aside, the ceremony itself was something of a mixed bag, led by Family Guy creator and best song nominee Seth MacFarlane, known for both his love of old-school crooning and envelope-pushing humour.

MacFarlane opened the show by doing the seemingly impossible: making usually dour Tommy Lee Jones smile and laugh. He also poked fun at other nominees: "If you bumped into Don Cheadle on the studio lot, did you try to free him?" he asked nominee Day-Lewis. "How far did your method go?"

His monologue was interrupted by William Shatner on screen chastising him for doing a poor job, including singing a song about Oscar-nominated actresses going topless called We Saw Your Boobs.

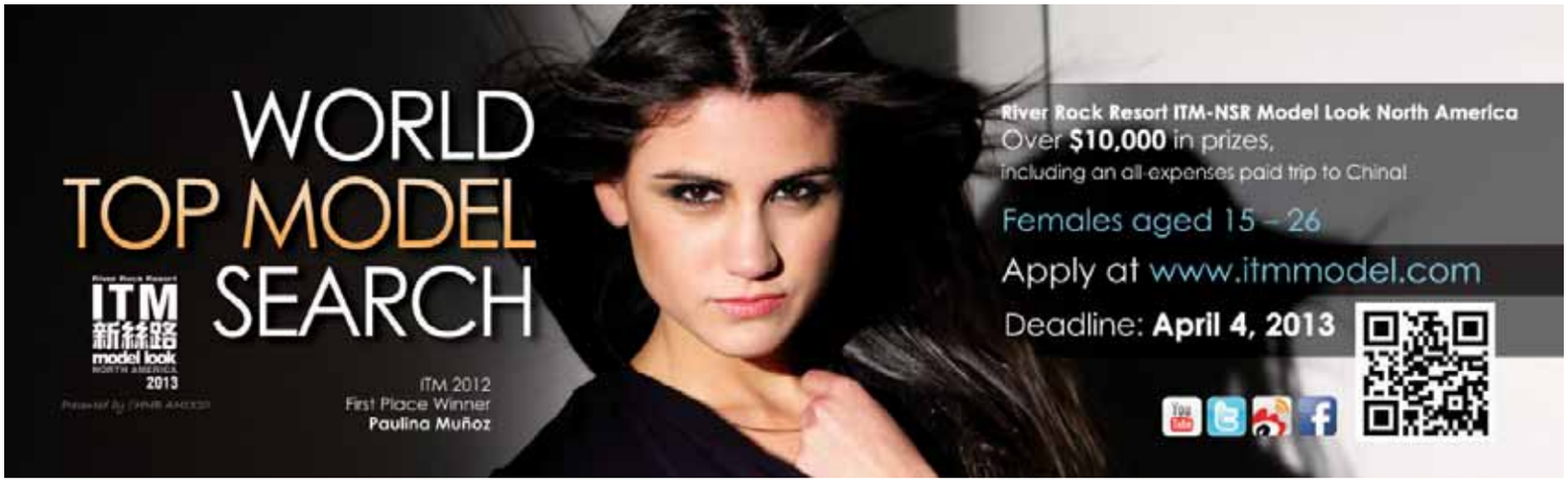
But it was rough sailing from there, including awkward bits by Paul Rudd and Melissa McCarthy and the cast of the Avengers. The choice to use the theme from Jaws to play off winners when they go long was also particularly odd.

One of the highlights of the ceremony was a rendition of Goldfinger by Dame Shirley Bassey during a tribute to the Bond franchise, even if it did seem too brief. And Catherine Zeta-Jones wowed the audience with All That Jazz from Chicago during a tribute to movie musicals.

Looking ahead

And even before the Oscars had been handed out, some were already looking toward next year's contenders.

- According to Deadline, deals are reportedly in the works for perennial awards season heavyweight the Weinstein Company to acquire Grace of Monaco, starring Nicole Kidman as Grace Kelly, and Mandela: Long Walk to Freedom, starring Idris Elba as Nelson Mandela.



Metro's Dorothy Robinson and The Kit's Nadine Anglin give us their take on the best and worst of the red carpet of all red carpets at the 85th Academy Awards in L.A. on Sunday

Red carpet hits ... and misses

1 Jennifer Lawrence

First glance. Jennifer Lawrence's gown looks like it was made from curtains, von Trapp style, but with a fab tailor. **DOROTHY ROBINSON**

2 Jessica Chastain

Va-va-va-voom! This is the way to do sexy at the Academy Awards. The nude, jewel-encrusted dress hugs every curve. **NADINE ANGLIN**

3 Bradley Cooper

A classic tuxedo for a classic leading-man type. But really, Bradley could wear a paper bag and look dashing. **NADINE ANGLIN**

On the web

For more Oscar fashion coverage, visit TheKit.ca

4 Anne Hathaway

Um. Did I just see Anne Hathaway's nipple? Did you? Help. Someone help me. Did I just see that? Guys. Someone get Anne Hathaway's stylist on the phone STAT. **DOROTHY ROBINSON**

5 Kerry Washington

The jewelled bodice is dazzling and the red colour was the perfect complement. Kerry is a hip glamour girl and a style icon on the rise. **NADINE ANGLIN**

6 Channing Tatum

Channing Tatum's tux looks like my prom date's rental. From 1997. **DOROTHY ROBINSON**

Oscar tweets

@TheAcademy
Everybody's a winner at the #Oscars tonight. Except, of course, for the people that lose.

@ericasara
Seeing tweets criticizing women's bodies on red carpet, esp from magazines representing health industry = extremely disappointing #FAIL

@AustenGilliland
Oscars, shmoscars, make some soup!

@Sid_Seixeiro
Dear Wife: You watched the entire Super Bowl. I will now sit through three hours of Red Carpet on E! We're even. Signed, Me.

@SarahInMI
My red carpet look? Oh, that'd be Old Navy flannel pajamas from their Fall 2011 collection.

@OwenBenjamin
It's funny watching fashion people pretend every tux doesn't look exactly the same.

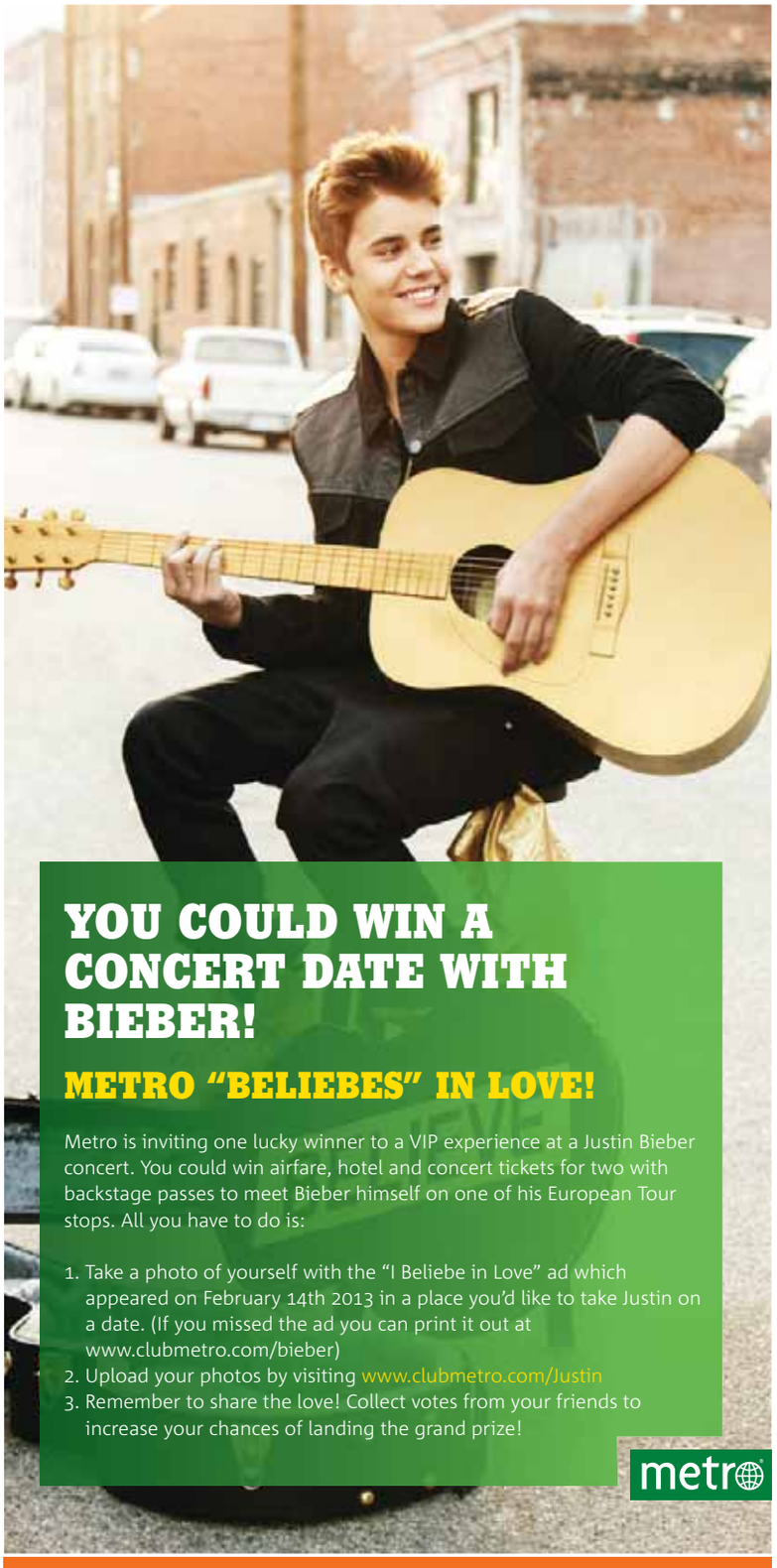
The Word

Oscar swag

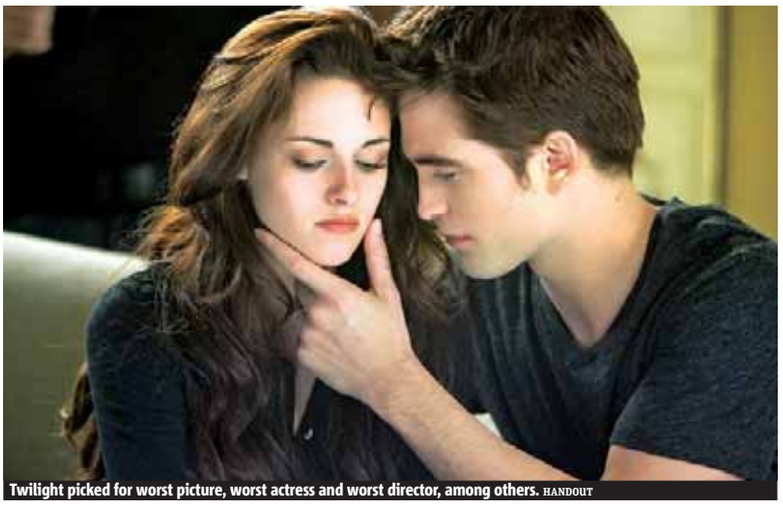
THE WORD
Dorothy Robinson
scene@metronews.ca

It may be an honour just to be nominated for an Academy Award, but it's also lucrative. Just check out the gift bag all nominees receive, cultivated by Distinctive Assets:

- A trip to Australia worth $12,000
- A one-week, all-inclusive trip to a fitness retreat worth $4,100
- A three-night stay at the St. Regis in Punta Mita, Mexico, worth $3,000
- A $20 box of Naked Condoms
- A $40 electronic cigarette
- A $795 water filtration system
- $60 worth of gluten-free macaroons
- $406 worth of anti-aging hand lotion
- $530 worth of Sedu hair-styling tools
- $250 worth of Diet Pepsi
- A Samsung WB150F Wi-Fi-powered camera
- And a $20 book, Take 2: Your Guide to Happy Endings and New Beginnings, by Leeza Gibbons. Because that's exactly what struggling actress Jessica Chastain needs — a self-help book by the former host of Entertainment Tonight.


YOU COULD WIN A CONCERT DATE WITH BIEBER!
METRO "BELIEBES" IN LOVE!
Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:
1. Take a photo of yourself with the "I Beliebe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!
metro
Hot & Fresh
pizza pizza
Beliebes in love too!
Valentine 's Day may be over, but your chance to win isn't!

No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).



Twilight picked for worst picture, worst actress and worst director, among others. HANDOUT

I'd like to thank my lack of emotions: Stewart gets a Razzie

Razzies. Awards handed out the night before Oscars for Hollywood's worst movies

The Twilight team finally has earned some love — or loathing — from Team Razzies.

The Twilight Saga: Breaking Dawn — Part 2 was picked as last year's worst picture Saturday by the Razzies, an Academy Awards spoof that hands out prizes for Hollywood's lousiest movies on the eve of the Oscars.

The finale to the blockbuster supernatural romance dominated the Razzies with seven awards, including worst actress for Kristen Stewart, supporting actor for Taylor Lautner, director for Bill Condon and worst screen couple for Lautner and child co-star Mackenzie Foy.

Adam Sandler was named worst actor for the raunchy comedy That's My Boy, his second-straight win after 2011's Jack and Jill, which swept all 10 Razzie categories a year ago. Pop singer Rihanna won worst supporting actress for the action dud Battleship.

Twilight movies had been well represented in Razzie nominations over the years but had not won any key awards there. Razzie voters joke that as with The Lord of the Rings finale winning best picture at the Academy Awards, they were waiting for the last Twilight flick on which to heap their scorn.

"I have a pet theory, which is that the box office on Twilight films is very impressive, but my theory is that instead of 40 million individual girls going to see it, it's eight million girls going to see it five times each. People who love those movies just adore them," said Razzies founder John Wilson. "I believe the attitude of people who really love Twilight movies toward this subject is very similar to the pomposity with which the Academy Awards addresses the whole rest of the world. Our whole existence is all about making fun of pompous, so Twilight really is right up our alley."

The Twilight finale also won for worst screen ensemble and worst remake, rip-off or sequel. For worst picture, it beat out Battleship, That's My Boy, the family flick The Oogieloves in the Big Balloon Adventure and Eddie Murphy's comedy flop A Thousand Words.

Stewart's worst-actress prize came for both Twilight and her fairy-tale update Snow White and the Huntsman.

In the five Twilight movies, Stewart stars as sullen teen Bella Swan, who falls for ageless vampire hunk Edward Cullen (worst-actor nominee Robert Pattinson) and finds herself at the centre of a love triangle with him and her childhood pal, werewolf stud Jacob Black (Lautner).

Stewart set a consistent standard of emotional stoniness throughout the Twilight movies, Wilson said.

"Acting should involve having an expression on your face, and she is blank, other than the morose kind of half-Goth thing her character does," Wilson said. "I didn't realize Snow White and Bella were soul sisters, because of the very limited range of what she can do. I think it was Dorothy Parker who said about Katharine Hepburn that she runs the 'gamut of emotions from A to B.' Kristen Stewart is so expressionless she might as well be a brick wall."

THE ASSOCIATED PRESS

That's My Boy

Sandler's That's My Boy, which also won the worst-screenplay Razzie, flopped at the box office and continues a gradual decline in receipts for the comic actor's movies. "He's an enormous star who is on what I call the 'down-alator' of his career," Wilson said. "He's about to step off the same cliff Eddie Murphy stepped off about 10 years ago. Eddie Murphy has never come back, and Murphy is more talented."

Start to live it | BOOK NOW WITH YOUR NOLITOURS AGENT

MÉXICO
visitmexico.com

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

'You also could say I snorted half of Peru'

Steven Tyler estimates that he has probably snorted $5 million or $6 million worth of cocaine during his drug-abusing days, which is a far cry from his estimate of $20 million in his 2011 memoir. "But it doesn't matter," he tells Australia's 60 Minutes during an interview. "You also could say I snorted half of Peru, but it doesn't matter. You know, it's what we did."

Steven Tyler

Pop goes the week

Britney's bodyguard gets a new job and will.i.am gets a new car

STARGAZING
Malene Arpe
scene@metronews.ca

Britney Spears' ex-bodyguard, who once sued her for allegedly harassing him by flashing her lady parts, has become a ghost hunter. I guess nothing can scare him after having seen ... (Nope. No. No, you're not. – ed)

Author Hilary Mantel, who wrote that book about Cromwell you totally pretended to have read three years ago, says that Kate Middleton has a plastic smile, is "dead-eyed" and made for breeding. "Why does some stupid duchess get all the great compliments?" asks a sad Kim Kardashian.

And while on the subject of books you pretend to have read. The BBC is making a six-part series based on War and Peace.

Mila Kunis confirms she'd like to play Anastasia in 50 Shades. The rest of the world confirms that we would like for this annoying casting process to be over.

Robin Williams and Sarah Michelle Gellar will star in a comedy pilot together. It's going to be so funny when Buffy hunts and stakes Mork ... (Go ahead. Make the joke about Britney. It can't possibly be worse. – ed)

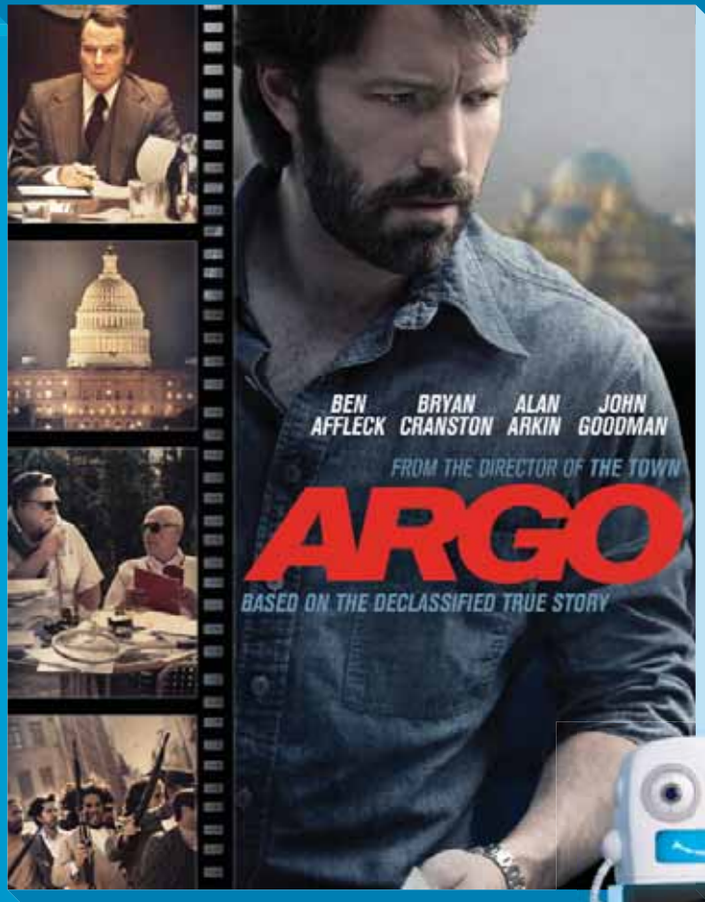
While her injured boyfriend is in pain and bleeding on a stretcher, Paris Hilton poses for a photographer right in front of him. Kris Jenner, Dina Lohan and Joe Simpson ask themselves what they did wrong and what Kathy Hilton did right.

A study suggests that it's better for your health if you just allow yourself to fart whenever you're on a plane. But not if you're sitting next to me.

Russell Brand says that remaking Arthur was a mistake. He finally got around to watching it. Good for him.

Celebrity Math Question: If Brendan Fraser claims that he cannot possibly afford to pay $900,000 a year in child support and Mary J. Blige has a new $900,000 lien against her, while will.i.am pays $900,000 for a custom-made car, why is Kevin Federline sad? Answer: because, no matter how hard he tries, all he can come up with is $57,000 in unpaid taxes.

Now playing on Shaw On Demand.



Press the On Demand button on your Shaw remote to order tonight.

Shaw

ARGO © 2013 Warner Bros. Entertainment Inc. All rights reserved.
SKYFALL © 2012 Danjaq, LLC, United Artists Corporation and Columbia Pictures Industries, Inc. All Rights Reserved.

No gym required

Spot-toning with tots

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Forget the expensive gym if you have kids. There are more specific spot-toning exercises:

• Toddler squat: You will spend a torturous amount of time squatting in front of them in order to zip up coats, tie shoes, wipe noses, scrub away crusted-on ketchup, discipline and pull up unintentional low rise pants.

• Car seat resistance training: Children will take every opportunity to fight car seat confinement. This is most effectively achieved by back arching, kicking and arm flailing. It will take all of your strength and toning skills to firmly place the child in the seat while not snapping limbs (theirs).

• Flying boot maneuver: Sitting down and gently pulling off muddy boots takes up valuable time in a five-year-old's day. The preferred method is to stand on one foot, grasp the antique hall table with a sticky hand, and shake the other foot until the boot is sent flying into your new suede jacket. Duct tape boots to your child's pants to avoid strenuous ducking and dodging.

EXCERPTED FROM JOURNEY TO THE DARKSIDE: SUPERMOM GOES HOME BY KATHY BUCKWORTH, KEY PORTER BOOKS, 2007. THIS BOOK WILL BE AVAILABLE ON AUDIBLE.COM ON FEB. 27.

Exclusively online

Sadly mommy's gym membership fees aren't helping her build muscle or your RESP fund. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Switch to less violent TV for better-behaved kids: study

Picking Sesame Street over Power Rangers.
Substituting shows the most short-term gains for low-income boys

Joe Jensen, 2, watches television as a special treat in the afternoon at his home in Seattle.. TED S. WARREN/THE ASSOCIATED PRESS

Teaching parents to switch channels from violent shows to educational TV can improve preschoolers' behaviour, even without getting them to watch less, a study found.

The results were modest and faded over time, but may hold promise for finding ways to help young children avoid aggressive, violent behaviour, the study authors and other doctors said.

"It's not just about turning off the television. It's about changing the channel. What children watch is as important as how much they watch," said lead author Dr. Dimitri Christakis, a pediatrician and researcher at Seattle Children's Research Institute.

The research was to be published online Monday by the journal Pediatrics.

The study involved 565 Seattle parents, who periodically filled out TV-watching diaries and questionnaires measuring their child's behaviour.

Half were coached for six months on getting their three-to-five-year-old kids to watch shows like Sesame Street and Dora the Explorer rather than more violent programs like Power Rangers. The results were compared with kids whose parents got advice on healthy eating instead.

At six months, children in both groups showed improved behaviour, but there was a little bit more improvement in the group that was coached on their TV watching.

By one year, there was no meaningful difference between the two groups overall. Low-income boys appeared to get the most short-term benefit.

"That's important because they are at the greatest risk, both for being perpetrators of aggression in real life, but also being victims of aggression," Christakis said.

Before the study, the children averaged about 1 1/2 hours of TV, video and computer game watching a day, with violent content making up about a quarter of that time. By the end of the study, that increased by up to 10 minutes.

Those in the TV coaching group increased their time with positive shows; the healthy eating group watched more violent TV.

Nancy Jensen, who took part with her now six-year-old daughter, said the study was a wake-up call.

"I didn't realize how much Elizabeth was watching and how much she was watching on her own," she said.

Jensen said her daughter's behaviour improved after making changes, and she continues to control what Elizabeth and her two-year-old brother, Joe, watch. She also decided to replace most of Elizabeth's TV time with games, art and outdoor fun.

During a recent visit to their Seattle home, the children seemed more interested in playing with blocks and running around outside than watching TV.

THE ASSOCIATED PRESS

Potential issue

The study has some flaws.

- The parents weren't told the purpose of the study, but the authors concede they probably figured it out and that might have affected the results.

Canna Clinic
Medicinal Cannabis Dispensary
Are You Eligible?
604-558-2454
Open 7 days per week from 11am - 7pm
758 East Broadway
www.mycannaclinic.com

NEW DAYCARE (3-5 years) OPEN HOUSE!
Sunday, March 3
12~3 PM | 475 Alexander St Vancouver V6A 1C6
Just off Gastown in newly renovated heritage building
children's WORLD こどものくに
VJLS-JH Childcare Division
604.254.2551
www.vjls-jh.com
cwdaycare2012@gmail.com

Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.

Rice Cakes with Tomato Purée

These rice cakes have 114 calories per serving (1 rice cake).
MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Serve these with soup and salad for a delicious lighter meal, or serve them as a side dish. The cakes can also be sautéed in a non-stick skillet sprayed with cooking oil. Try brown rice for a change, adding more stock if necessary.

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. For the rice cakes, bring the stock to a boil in a saucepan. Stir in the wild rice and simmer for 25 minutes. Add white rice, cover, reduce the heat to medium-low and cook for 10 more minutes, or until the rice is tender. Let the rice cool slightly. Drain off any liquid. Rinse with cold water.

3. Combine the cooled rice, garlic, mozzarella and Swiss cheese, green onion, Parmesan cheese, basil and eggs in a bowl. Stir until well mixed. Using a 1/3-cup measure, form the mixture into approximately 10 patties and place on the prepared baking sheet. Bake approximately 12 minutes per side, until browned.

4. For the sauce, heat the tomato sauce, milk and basil in a small saucepan.

5. Serve the rice cakes with the sauce on the side.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

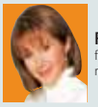
Ingredients

Rice Cakes
- 4 cups vegetable or chicken stock
- 1/2 cup wild rice
- 1/2 cup white rice
- 1 tsp minced fresh garlic
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shredded Swiss cheese
- 1/4 cup chopped green onion
- 2 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 2 eggs

Sauce
- 1/2 cup tomato-based pasta sauce
- 2 tbsp 2 per cent evaporated milk
- 1/4 tsp dried basil

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Everyone loves pasta but no one likes calories and fat so be warned that some pasta choices are loaded with an unhealthy combination of both.

Boston Pizza Smokey Mountain Spaghetti and Meatballs

1,730 calories / 63 g fat These are quite the "meat-a-ballas!" Literally a mountain of spagetti smothered in Bolognese sauce with large meatballs and cheddar cheese. This represents your entire day's calories

Equivalent

Same as having 2 ½ orders of bruschetta in calories.

Boston Pizza Fettuccini with Bolognese sauce

730 calories / 9 g fat
This "make your own" pasta selection is the way to go. You end up with a normal serving size of pasta that will save you at least half the calories and a fraction of the fat.

Tasty appetizers. Veggie steamed dumplings with sweet and sour sauce

1. In a food processor, combine the tofu, scallions, garlic, cilantro, carrots, egg, hoisin, soy sauce, sesame oil and hot sauce. Pulse until the tofu is finely chopped, but not ground, about 10 1-second pulses.

2. Place 1 teaspoon of the mixture in the centre of each wonton wrapper. Dunk your fingers in water, then use them to wet the edges of the wrapper. Gather the edges of the wrapper over the filling, pinching them together to form a small bundle.

3. In a large pan, bring about 1 inch of water to a boil. Set a bamboo or other steamer basket over the water, then lightly coat it with cooking spray.

4. Arrange dumplings in the steamer (they should not touch), then cover and steam for 10 minutes. Serve with sweet and sour sauce. THE ASSOCIATED PRESS

Ingredients

Makes 48 dumplings
Start to finish: 45 minutes
- 12 ounces seasoned baked tofu, cut into cubes
- 6 scallions, ends trimmed
- 2 cloves garlic
- 1/4 cup fresh cilantro, leaves and stems
- 1/2 cup finely grated carrots
- 1 whole egg, beaten
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce
- 1 tbsp toasted sesame oil
- 1 tsp hot sauce
- 12-ounce package 3-inch square wonton wrapper

Westside Preparatory School
VANCOUVER • CANADA

- Offering Grades K to 12
- Fully accredited by the BC Ministry of Education
- AP certified school
- Small classes (12-16 students)
- Certified, experienced, dedicated teachers
- Individual Graduation Plan
- 100% graduation rate
- Preparation for a successful university entrance
- Supervised homework classes
- Open communication with parents

788 Beatty St., Vancouver, BC, V6B 2M1
Fax: 604.687.8024 | Tel: 604.687.8021 | Email: info@westsidehs.com
WWW.WESTSIDEHS.COM

When it comes to grad school, search wisely

Making a plan.
Continuing education can enrich your life and your career options, but it's important to know what to look for, says expert

DOUG SMITH
Metro World News in New York

As a coach and trainer for creative professionals, Dave Mowers says when starting out in graduate study, "You'll be surrounded by opportunity, new and fascinating people, lofty ideas, incredible demands and intense feedback and attention." Can you make it pay off? Mowers lays out what to know before committing the time and money.

Why should we think about grad school right now?
There are signs of economic recovery. We have many industries, and advanced training and education are key to the innovation movements across the board.

Are there common mistakes people make when deciding to apply or choosing a school?
The number one mistake is the assumption that any specific program will change your life and solve financial problems. People's second mistake is taking an initial rejection as a stopper. But the biggest mistake is taking on the cost without a realistic plan for managing finances after the program is complete.

Is enrolling in continuing studies classes a good alternative to immersing yourself in grad school full time?
Continuing studies programs offer an amazing route to achieving your career goals. Programs like this are staffed by professionals working in the field. Most of them participate because they are interested in cutting-edge development, staying current with thought leadership in their industry and sharing a passion for their discipline or work.

What to remember when taking the next steps: Research is free.

Spend time online with schools that interest you, but also visit open houses. Learning about a school is the first step to learning from the school.

Applying is not committing.

Applications aren't cheap, but they're a small investment compared to the cost of attending a school. Find out what you need to succeed and take it from there. You don't have to accept.

Keep an open mind.

Sure, there is always a program ranked No. 1, but there are also other schools that may offer you better options for placement upon graduation.

Ask for it.

Graduate schools are competing for your business. Make sure you are meeting face-to-face with a committed team of people who will help you get the experience you want.

What happens after?

Business is still business when you finish, and it comes down to who you know.

Searching for grad schools doesn't have to be a soul-sucking enterprise. ISTOCK

Launch your creative career.
CREATIVE ARTS INFO SESSIONS AT LANGARA

DESIGN FORMATION
Feb 26, Mar 20 – Room A108
Spatial formation and communication design training across architectural, industrial, interior, and graphic design. *(Diploma, 2 years)*

FINE ARTS
Feb 26, Mar 16, Mar 26 – Room A046
Studio-intensive visual arts program. Hands-on instruction in drawing, printmaking, design, painting, sculpture, and more. *(Diploma, 2 years)*

JOURNALISM
Feb 27, Mar 27 – Room A226
Renowned journalism school that offers hands-on training in print, broadcast, and the web. *(Diploma, 2 years or Certificate, 1 year)*

PUBLISHING
Feb 27, Mar 27 – Room A257
Comprehensive hands-on training in writing, editing, graphic design, print and digital publishing. *(Diploma, 1 year - 3 consecutive semesters)*

PROFESSIONAL PHOTO-IMAGING
Feb 27, Mar 27, May 6 – Room A257
Learn the technical and business aspects of photography. Shoot advertising, architecture, editorial, and portraiture. *(Diploma, 2 years)*

Learn more.
www. langara.bc.ca/infosessions

Langara.
THE COLLEGE OF HIGHER LEARNING.

ROBETECH INSTITUTE
Training Healthcare Professionals Since 1988

Become a Health Care Professional within a Year! (Full/Part Time)

Most Diploma Programs Have Practicum!

- Medical Laboratory Technician
- Personal Support Worker
- ECG/Phlebotomy Technician
- Physiotherapy/Occupational Therapy Assistant

Financial Assistance May Be Available to Those Who Qualify!
Are you Eligible for Second Career Funding? Call to Find Out!
Medical Laboratory Technician/OSMT Approved
Medical Professionals May Qualify for Credits for Prior Learning!

CALL: 416 365 7894
416 466 6107
study@robetech.com
www.robetech.com
Robotech Institute Inc. is a Registered Private Career College under the PCC Act 2005

STUDY HOSPITALITY AND BUSINESS IN SWITZERLAND

- Leading English-Speaking Providers of Hospitality Education
- Bachelor Degree in Business/Hospitality/Culinary Arts in 3 years
- Masters Degree & Post Graduate Diploma in 1 year
- 6 month or 1 year International Paid Internship(s)

INFORMATION SESSION:

Saturday, March 9th, 2013
1:30 - 3 pm
Fairmont Hotel Vancouver - Galiano Island Room
900 West Georgia Street, Vancouver, BC V6C 2W6
R.S.V.P. 604-961-1091 • info@shms.ca

COMPLETE A CANADIAN DIPLOMA!

- Global Trade & Marketing
- Health Care/Nursing Exam Prep (RN/LPN)
- Hospitality & Tourism
- Computerized Accounting Diploma

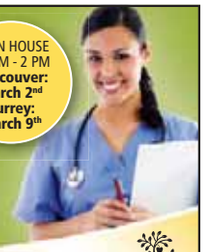
CO-OPS AVAILABLE

ULI Universal Learning Institute
604.248.1242 www.ULICanada.com

DRAKE MEDOX COLLEGE

OPEN HOUSE
10 AM - 2 PM
Vancouver: March 2nd
Surrey: March 9th

BECOME A HEALTH CARE ASSISTANT IN ONLY 6 MONTHS!!
FLEXIBLE PART-TIME OPTIONS SO YOU CAN EARN WHILE YOU LEARN.
VANCOUVER & SURREY CLASSES
CALL US NOW TO LEARN MORE
604.629.0196



210 - 535 W 10th Ave, Vancouver BC
www.drakemedoxcollege.com

Lost your job? Here's how to exit gracefully

Now what?
A positive outlook, solid references and a clean online profile can all help smooth over the transition during unemployment

YLVA VAN BUREN
careerbear.com

Losing your job is tough but it's important to avoid cynicism, says Mandrake CEO Stefan Danis. ISTOCK PHOTO

If you've just been handed a pink slip and were escorted out the door by your boss, the first thing you should do is take a deep breath and prepare wisely for the next step in your work life. Stefan Danis, chief executive officer at Mandrake, provides this advice and suggests a timeline of one or two months to get started.

1. Be selective about who you speak to right away in your business network. You don't want to be emotional with colleagues. "It's important to first create the right narrative for what has happened and what is going to happen," Danis says.

2. Take time to regroup. In most cases, it's going to take far longer than you think to get back up and be re-employed, and you will go through stages of anxiety, fear and concern. Take advantage of available EAP assistance or speak to a career counsellor or an executive coach.

3. Set yourself up as a contract worker as soon as possible — if it's appropriate in your industry. "Your focus becomes one of trying to solve a potential organizational need and solving needs is a repeatable activity. If you use your network to look for a job and you're unemployed, you can only go to your network once. It's different if you're a contract worker and can go back a few times and talk about their issues — not yours," says Danis.

4. Prepare your resumé and line up at least three references including one from your last job. "Hiring organizations want to mitigate the risk of a bad hire. Offering references upfront helps to do this. It's a critical error to be dismissive and cynical when it comes to an end. You want the head of HR to remember what you did while there as opposed to how you left," Danis says, adding that more than three references will be an advantage.

5. Craft your online presence. Set up your own webpage, get onto LinkedIn to grow your network and review and clean up your Facebook account — anyone who interviews you will likely Google you first.

6. Do some self-inquiry work to ensure the path you want to take is not based on an emotional response to what just happened, Danis says. Make sure you're not trying to continue on the same path when other options may be better. Think about your values. What makes you happy at work? When you're in a career transition, this question could help you figure out where you should work and why.

7. Be positive. "I'm a believer that what you radiate early in your networking will have a significant impact on where your journey's going to lead you," Danis says. According to the CEO, the resumé gets you the interview but then your attitude determines why you stand out from the other candidates. Remember also that staying positive is important because "on the other side of a few weeks out lurks unmet expectations and possibly a negative attitude." This includes cynicism and anxiety, which are natural feelings that come from being unemployed.

Now you're ready to send an announcement or email to your network talking about your consultant work.

"Be sure to do some inquiry work after you have lost your job. We tend to revert to what is easy as opposed to what's right for us," Danis said.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Your future is bright in Healthcare

BRIGHTON COLLEGE

"I got a job offer from Dufferin Care Centre just weeks after I graduated! I would recommend **Brighton College**'s program to any student interested in Healthcare."
- Harjit Sidhu, RCA Graduate

Healthcare professionals are in high demand in BC! Have you ever thought about pursuing a career as a Resident Care Attendant (RCA) or Health Care Assistant (HCA)? Start with our fast-tracked Healthcare courses by inquiring about our immediate start dates.

Call today 604-901-5121
or visit www.brightoncollege.com

Careers

Building on a passion

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Carla Smith
City: Vancouver
Age: 33
Occupation: Architect

Fascinated with the buildings of Vancouver, Carla designed her first dream home when she was 11 years old.

Following her passion for architecture, she was awarded a full scholarship at the University of Southern California and went on to land her first job in Boston.

Realizing that she missed her family, she moved back to Vancouver in 2007.

She currently works at a local firm and says that she's always pushing herself to make a design better because the extra effort makes a huge difference for the client and leads to overall satisfaction with her job.

I knew I was on my way when...

I got my first full-time job in Boston. I was working on a multi-family residential project for a hotshot developer when two senior architects left the company, leaving me in charge of the project. I was inexperienced and it was "baptism by fire" but I got the job done.

Architecture is a lifelong learning experience and I don't think you ever feel like you've got it. You're always discovering new things with every project you work on. It's never going to get boring and the long hours are worth it in the end.

Action Plan

Don't let your perceived barriers stand in your way.

People often say, "I wanted to be an architect but I can't draw," or, "I'm no good at math". Drawing is a skill that anyone can learn and I never took a single math class in university. You can tailor a career in architecture that fits with your particular skills.

Carla Smith leapt headfirst into a career in architecture. GAILE GUEVARA

You have to want it.

An architecture education and career are only going to be rewarding for those who have a passion for it.

Bring something fresh.

It's easy to get locked into doing things the way they've always been, but the most memorable and successful designs are those that bring a touch of fun and something unique.

Earn Your M.B.A.
in Vancouver
from a Global Institution

- In the Heart of Downtown Vancouver
- Study Part Time or Full Time
- International Students are Eligible for Off-Campus and Post-Graduation Work Permits
- Students May Apply for Waivable Courses
- Option to Transfer to New York and Other Global Campuses

For details, visit: nyit.edu/canada
or call 1.888.749.7871
Email: vancouverinfo@nyit.edu

EARLY CHILDHOOD EDUCATION

BENEFITS OF TRAINING WITH SPROTT SHAW

- Ministry of Children & Family Development approved
- Continuous intakes - Classes start monthly
- Become an entrepreneur - open your own daycare at home
- Qualified employees can obtain their ECE Assistant Certificate by taking only one course

BASIC & POST BASIC
CLASSES AVAILABLE

SPROTT SHAW COLLEGE
SINCE 1903

CALL 1.877.U2.LEARN
OR VISIT SPROTTSHAW.COM

smart

open your mind.

BENJAMIN FRANKLIN, THIS ONE'S FOR YOU.

Coming Spring 2013

Test ride yours today

Because innovation never goes out of style.

Meet the newest addition to our family: the 2013 smart fortwo electric drive and e-bike. Fully electric, you can traverse the streets with outstanding agility and acceleration. The smart fortwo electric drive can go up to 138 km on one charge, and e-bike can assist you for up to 100 km of pedaling.

Stop by your local smart Centre and see what green looks like today.

thesmart.ca

smart - a Daimler brand

Sales Inquiries 604-70-SMART (707-6278)

smart Centre Vancouver	smart Centre Boundary	smart Centre North Shore	smart Centre Richmond	smart Centre Surrey
1395 West Broadway	1325 Boundary Road	1375 Marine Drive	5691 Parkwood Way	15508-104 Ave.
604-736-7411	604-639-3300	604-984-9351	604-278-7662	604-581-7662

© 2013 smart Canada, a Division of Mercedes-Benz Canada Inc. Vehicle shown is the smart fortwo electric with optional equipment at an extra cost.

MLS

Camilo catapults Whitecaps to win

Nigel Reo-Coker made his pre-season debut for the Vancouver Whitecaps Sunday, but it was Camilo Sanvezzo who stole the spotlight.

The 24-year-old Brazilian striker recorded the hat trick in a 3-0 win for the local Major League Soccer side over the Carolina RailHawks of the North American Soccer League to conclude the exhibition season with six wins, one loss and a draw.

Sanvezzo scored on a penalty kick — Corey Hertzog was fouled inside the 18-yard box — to give Vancouver a 1-0 lead in the ninth minute.

He added to the Whitecaps' lead late in the first half when he sailed a left-footed boot from outside the 18-yard box into the top corner of the net. In the second half, he re-directed a cross from Greg Klazura for his third of the match.

In one exhibition game, Sanvezzo matched 60 per cent of his scoring output from last season. His numbers in 2012 were down after a terrific first campaign with the Whitecaps in 2011, when he led the club in goals with 12.

But the biggest story of the past few days has been Reo-Coker, a Premier League veteran who signed with Vancouver last week.

"I was really pleased with many things that probably go unnoticed," Whitecaps head coach Martin Rennie said about Reo-Coker to WhitecapsFC.com.

"Even in the locker-room before the match, he was a big presence and brought a great deal of energy and confidence to the young players. I think he needs a little bit more time to get fully fit, but I think he will be a fantastic addition to our team and an excellent MLS player."

CAM TUCKER/METRO

Red Wings, from left, Damien Brunner, Henrik Zetterberg and Daniel Cleary celebrate Zetterberg's second-period goal in front of Canucks defenceman Alex Edler on Sunday in Detroit. DUANE BURLESON/THE ASSOCIATED PRESS

Canucks rocked hard by Wings in Detroit

NHL. Vancouver returns home to face Coyotes on Tuesday

CAM TUCKER
cam.tucker@metronews.ca

On Sunday

Red Wings	Canucks
8	3

File that one under Forget About It.

The Vancouver Canucks carried a 3-2 lead into the second period on the road against the Detroit Red Wings, only to collapse in the final 40 minutes. The result was an 8-3 loss to conclude a four-game road trip.

Roberto Luongo, who has been arguably the better of the two Canucks goalies this season, was shelled for all eight goals — the first time that's happened since June 6, 2011, against the Boston Bruins in the Stanley Cup final.

The Canucks finished their trip with two wins, a regulation loss and a shootout loss for five of a possible eight points.

They'll return to Vancouver to face the Phoenix Coyotes on Tuesday.

The Canucks and Wings didn't waste any time in Sunday's scorefest. Daniel Sedin opened the scoring early in the first period, before the Red Wings countered with goals from Jordan Tootoo and Niklas Kronwall.

But, thanks to more magic from the Sedin twins, the Canucks got back on even terms and Chris Higgins gave them the lead after the first period.

Luongo and Wings goalie Jimmy Howard were probably among the few who didn't find the first 20 minutes of play entertaining.

Luongo was beat twice on six shots, while Howard allowed three goals on seven shots faced.

It fell apart from there for the Canucks.

The Red Wings, thanks to a combination of questionable calls from the referees and a lack of discipline from the visiting team, scored three times with the power play in the second period.

The third period was a complete write-off. The Red Wings added three more goals — two coming off the stick of Joakim Andersson — to cement the win.

Welcome back, all that dormant chatter about goaltending.

Luongo was making back-to-back starts after his resilient shutout in Nashville — he made 13 saves in the first period but was tested only 10 times after that.

He didn't look particularly sharp against the Wings, who were playing their second game in less than 24 hours.

Then again, he didn't get much help, either.

The first two goals he allowed were both deflected, including Tootoo's shot, which re-directed off Canucks defenceman Keith Ballard.

Giants put it all together against T-Birds

The Giants won 4-1 Sunday afternoon against the Seattle Thunderbirds at Pacific Coliseum in one of their most complete efforts all year.

Vancouver opened the scoring in the first, thanks to Carter Popoff's 11th of the season. The Giants were dominant in the opening frame, exhibiting strong forechecking and puck control. They outshot the Thunderbirds 17-3 that period.

Centre Brendan Rouse was rewarded for his excellent two-way play with a goal in the second. A questionable tripping call against the Giants' Jason Trott led to a 5-on-3 for Seattle that left wing Alexander Delnov, a Florida Panthers prospect, capitalized on.

On Sunday

Giants	Thunderbirds
4	1

Defenceman Brett Kulak made it 3-1 for the Giants in the third on the power play, and Cain Franson scored his team-leading 25th of the season with the net empty.

Sunday's meeting concludes the season series between the two teams. Seattle is one of the few teams the last-place Giants have found success against in 2012-13, taking two wins, a loss and an overtime loss out of their four games. Only their 4-3 record against Prince George is better this season.

The win improves the Giants' record to 16-44-2-0. They next play the Blazers in Kamloops on Wednesday.

LIAM BRITTEN FOR METRO

Giants goalie Payton Lee flies across his crease on Sunday afternoon as the Seattle Thunderbirds buzz around the net on a 5-on-3 power play. LIAM BRITTEN/FOR METRO

4 SPORTS

Johnson returns to winning ways at Daytona 500

Lowe's Chevrolet driver Jimmie Johnson celebrates in victory lane after winning the NASCAR Sprint Cup Series Daytona 500 on Sunday in Daytona Beach, Fla. CHRIS GRAYTHEN/GETTY IMAGES

NASCAR. Five-time Sprint Cup champ wins in 400th career start to outdo pole-sitter Patrick on historic day for racing

A big first for Danica Patrick, but an even bigger second for Jimmie Johnson.

Patrick made history up front at the Daytona 500 Sunday, only to see Johnson make a late push ahead of her and reclaim his spot at the top of his sport.

It was the second Daytona 500 victory for Johnson, a five-time NASCAR champion who first won the "Great American Race" in 2006.

"There is no other way to start the season than to win the Daytona 500. I'm a very lucky man to have won it twice," said Johnson, who won in his 400th career start. "I'm very honoured to be on that trophy with all the greats that have ever been in our sport."

It comes a year after Johnson completed only one lap in the race because of a wreck, and just three months after Johnson lost his bid for a sixth Sprint Cup title to go two years without a championship after winning five straight.

Patrick, the first woman to win the pole, also became the first woman to lead the race. She was running third on the last lap, but faded to eighth at the finish and admitted she'll replay it over in her mind.

"I would imagine pretty much anyone would be kicking themselves about what they coulda, shoulda have done to give themselves an opportunity to win," she said. "I think that's what I was feeling today, was uncertainty as to how I was going to accomplish that."

THE ASSOCIATED PRESS

Crash concerns

Fans feeling unsafe after the terrifying crash at Daytona International Speedway a day earlier were able to change seats for NASCAR's biggest race on Sunday.

- Workers repaired a section of fence — 54 feet wide and 22 feet high — that was shredded Saturday when Kyle Larson's car went airborne on the final lap of a second-tier race and crashed through the barrier that separates cars from fans. Large pieces of debris sprayed into the upper and lower section of the stands.
- Saturday's crash injured more than 30 people, raising more questions about fan safety at race tracks.

UFC

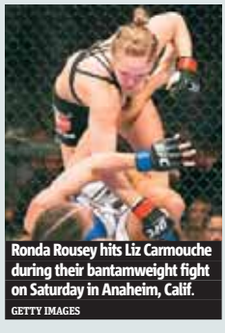
Rousey successful in historic title fight

Ronda Rousey, the first women's champion in UFC history, said she would not feel like a true title holder until she defended her belt. On Saturday, she did exactly that in emphatic fashion.

After surviving an early scare from spirited challenger Liz Carmouche, Rousey (7-0) latched in her signature technique — the armbar — to score a first-round submission win in the first defence of the title she was granted in November.

"I was actually less nervous walking out than I was for some of my earlier fights," Rousey said. "I felt like the UFC champion, and I know how hard I am working. This was a wild ride, and I can't wait to get back in the octagon."

THE CANADIAN PRESS


Ronda Rousey hits Liz Carmouche during their bantamweight fight on Saturday in Anaheim, Calif. GETTY IMAGES

AHL. Television report says Heat could be on way out of Abbotsford

A group of investors led by former NHL goalie Robert Esche in Utica, N.Y., have approached the Calgary Flames about moving their American Hockey League affiliate from Abbotsford, according to a report from NBC-WKTV News Channel 2 in Utica.

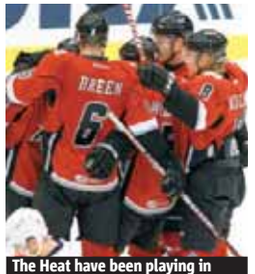
But based on this report, no agreement has been struck.

It contradicted an earlier online article from the Observer-Dispatch, which stated the Flames had come to a 10-year agreement with an unnamed management group.

The report in the Observer-Dispatch cited only a "reliable source."

Esche, who played for the Phoenix Coyotes and Philadelphia Flyers during his NHL career, told WKTV: "We've been talking to several teams, a lot of teams actually, and right now we have no agreement. We've had a lot of interest, in the building and in the smaller venues. It makes a lot of sense for AHL clubs, but on the same hand there's no signed agreement."

The Flames are currently in a 10-year agreement with Fraser Valley Sports and Entertainment Ltd. in Abbotsford. The deal was first signed in 2009, and the AHL board of governors approved the relocation of the Flames' minor-league affiliate to Abbotsford for the beginning of the 2009-10 season.


The Heat have been playing in Abbotsford since the 2009-10 AHL season. TORSTAR NEWS SERVICE

The supply-fee agreement between the City of Abbotsford, Fraser Valley Sports and Entertainment and the Flames includes $5.7 million in guaranteed revenue for the local ownership group, with the city on the hook for any financial shortfalls.

The Flames offered a brief statement Sunday: "We have been approached by representatives in Utica concerning an opportunity for the AHL. We understand they are building a case for the AHL to return there. We are under contract and committed to Abbotsford, and have made no alternate commitments."

LIAM BRITTEN/FOR METRO

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	40	14	.741	—
Indiana	35	21	.625	6
New York	33	20	.623	6 1/2
Brooklyn	33	24	.579	8 1/2
Atlanta	31	23	.574	9
Chicago	32	24	.571	9
Boston	29	27	.518	12
Milwaukee	26	28	.481	14
Toronto	23	33	.411	18
Philadelphia	22	32	.407	18
Detroit	22	36	.379	20
Cleveland	18	38	.321	23
Washington	17	37	.315	23
Orlando	15	41	.268	26
Charlotte	13	43	.232	28

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	13	.776	—
Oklahoma City	41	15	.732	3
L.A. Clippers	40	18	.690	5
Memphis	37	18	.673	6 1/2
Denver	35	22	.614	9 1/2
Golden State	33	23	.589	11
Utah	31	25	.554	13
Houston	31	27	.534	14
L.A. Lakers	28	29	.491	16 1/2
Portland	26	30	.464	18
Dallas	25	30	.455	18 1/2
Minnesota	20	33	.377	22 1/2
New Orleans	20	37	.351	24 1/2
Sacramento	19	38	.333	25 1/2
Phoenix	18	39	.316	26 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results

L.A. Lakers 103 Dallas 99
Golden State 100 Minnesota 99
Miami 109 Cleveland 105
New Orleans 110 Sacramento 95
Memphis 76 Brooklyn 72
New York 99 Philadelphia 93
San Antonio 97 Phoenix 87
Portland 92 Boston 86
Oklahoma City 102 Chicago 72

Saturday's results

Washington 105 Houston 103
Denver 113 Charlotte 99
Cleveland 118 Orlando 94
Miami 114 Philadelphia 90
Indiana 90 Detroit 72
Atlanta 103 Milwaukee 102
L.A. Clippers 107 Utah 94

Monday's games — All Times Eastern

Washington at **Toronto**, 7 p.m.
Atlanta at Detroit, 7:30 p.m.
Boston at Utah, 9 p.m.
L.A. Lakers at Denver, 9 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	19	13	6	0	65	48	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	20	9	10	1	58	62	19
NY Rangers	17	8	7	2	41	44	18
NY Islanders	19	8	10	1	56	64	17

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	18	12	4	2	52	39	26
Boston	15	11	2	2	45	34	24
Ottawa	19	11	6	2	46	36	24
Toronto	19	11	8	0	53	44	22
Buffalo	19	6	12	1	48	63	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	17	9	7	1	50	51	19
Tampa Bay	18	9	8	1	69	58	19
Winnipeg	18	8	9	1	48	57	17
Florida	18	5	9	4	42	65	14
Washington	17	6	10	1	48	55	13

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	18	15	0	3	58	35	33
St. Louis	18	10	6	2	55	52	22
Detroit	19	9	7	3	57	54	21
Nashville	19	8	6	5	39	43	21
Columbus	19	5	12	2	40	56	12

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	18	10	4	4	52	48	24
Minnesota	17	8	7	2	37	42	18
Calgary	17	7	7	3	48	59	17
Edmonton	17	7	7	3	40	46	17
Colorado	17	7	8	2	42	51	16

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	13	2	1	57	42	27
San Jose	17	8	6	3	41	39	19
Dallas	18	9	8	1	47	48	19
Phoenix	18	8	7	3	50	49	19
Los Angeles	16	8	6	2	40	39	18

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results

Boston 4 Florida 1
Winnipeg 4 New Jersey 2
Detroit 8 Vancouver 3
Carolina 4 NY Islanders 2
Chicago 1 Columbus 0
Pittsburgh 5 Tampa Bay 3
Calgary 5 Phoenix 4
Anaheim 4 Colorado 3 (OT)

Saturday's results

Washington 5 New Jersey 1
Philadelphia 5 Winnipeg 3
Edmonton 3 Phoenix 2 (SO)
Los Angeles 4 Colorado 1
Montreal 3 NY Rangers 0
NY Islanders 4 Buffalo 0
Ottawa 3 Toronto 2
Tampa Bay 5 Carolina 2
Detroit 4 Nashville 0
St. Louis 2 Columbus 1
Dallas 3 San Jose 1
Calgary 3 Minnesota 1

Friday's results

Pittsburgh 3 Florida 1
Vancouver 1 Nashville 0
Chicago 2 San Jose 1

Monday's games — All Times Eastern

Toronto at Philadelphia, 7 p.m.
Montreal at Ottawa, 7:30 p.m.
Dallas at Nashville, 8 p.m.
Edmonton at Chicago, 8:30 p.m.
Anaheim at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Stamkos, TBL	12	14	26
Vanek, Buf	12	13	25
Crosby, Phg	7	18	25
Tavares, NYI	12	11	23
Kane, Chi	9	14	23
St. Louis, TBL	4	19	23
Voracek, Phi	7	15	22
Zetterberg, Det	5	17	22
Moulson, NYI	9	12	21
Ribeiro, Wash	6	15	21
Elias, NJ	5	16	21
Malkin, Phg	4	17	21
Datsyuk, Det	8	12	20
Kunitz, Phg	7	13	20
Marleau, SJ	12	6	18
Staal, Car	8	10	18
Giroux, Phi	6	12	18
Thornton, SJ	4	14	18
Neal, Phg	12	5	17
Kovalchuk, NJ	7	10	17
Duchene, Col	6	11	17
Schenn, Phi	6	11	17
Lecavalier, TBL	6	11	17
Gagner, Edm	5	12	17
Sedin, Van	5	12	17
Purcell, TBL	4	13	17
Clarkson, NJ	10	6	16
Ladd, Win	9	7	16
Conacher, TBL	6	10	16
Steen, StL	4	12	16

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Luck comes to those who think they deserve it, so believe you are being looked after by a lucky star and good fortune will most likely smile on you this week. Life doesn't have to be all about doom and gloom.

Taurus
April 21 - May 21
What occurred over the weekend may not have struck you as funny but it should have. What happened to your sense of humor? Or do you only laugh when the joke is on someone else? Lighten up, it's life.

Gemini
May 22 - June 21
Try to be tactful if you have to explain to a friend or work colleague how and why they got something wrong. There is a right way and a wrong way to point out mistakes. Choose the right way.

Cancer
June 22 - July 23
Major changes are on their way. Don't bother trying to fight them. The forces at work are far too strong for you to stand against them. And why would you want to when they are in your favor?

Leo
July 24 - Aug. 23
Even difficult situations should be easy to handle today. However, one thing you need to be aware of is that travel and social plans may be subject to delays. There's not a lot you can do but grin and bear it.

Virgo
Aug. 24 - Sept. 23
It would appear that something has been bubbling away in your subconscious for some time but is now ready to break though and be taken seriously. It will lead to some radical changes in the way you think.

Libra
Sept. 24 - Oct. 23
A new arrival on your social scene is a little bit shy, so put on your best smiley Libra face, take them by the hand and show them around. Before you know it you will be the firmest of friends.

Scorpio
Oct. 24 - Nov. 22
You may be industrious but you cannot possibly do it all on your own. Seeing as how you have so much work to plough through over the next few days, why would you even want to consider it?

Sagittarius
Nov. 23 - Dec. 21
If certain avenues of expression are blocked to you today maybe you should see it as the planets' way of telling you that an alternative route needs to be found. Think for yourself and realize you have so many choices.

Capricorn
Dec. 22 - Jan. 20
There is no point getting emotional about things over which you have no control. There are still many issues you can have a say on and those are the things you must focus on now. Get real and stay real.

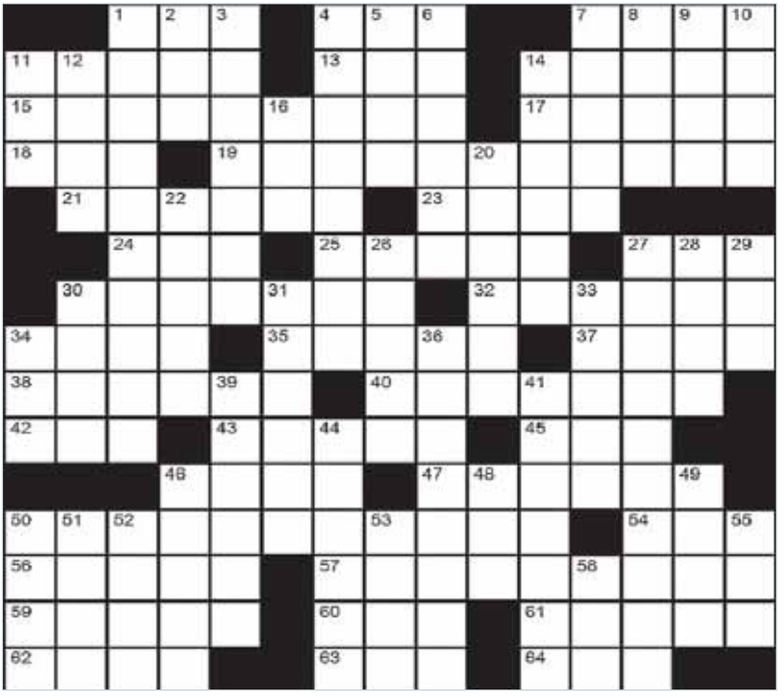
Aquarius
Jan. 21 - Feb. 19
If what a friend requests of you is beyond your powers to deliver you must let them know immediately. Don't pretend that you might be able to help them when, deep down, you know it isn't going to happen.

Pisces
Feb. 20 - March 20
The storms clouds of recent weeks have begun to break up and the sunshine is now pouring through. Think positive, act positive and believe that positive things are going to occur over the next few days – and they will.

SALLY BROMPTON

Crossword: Canada Across and Down

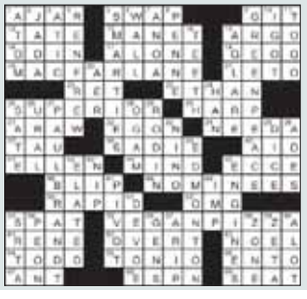
BY KELLY ANN BUCHANAN



Across
1. __ Royal Highness
4. Faith, for short
7. Niagara-on-the-Lake theatre festival in Ontario
11. "It takes __ __ tango."
13. Ms. Green of "Casino Royale" (2006)
14. Winter/Summer Olympian Ms. Hughes
15. Deficient in energy
17. Keep an __ __ mystery
18. B-F inbetweeners
19. Adjustment back to order
21. From longest ago
23. Simplicity
24. 'Par' add-on (Sitting room)
25. Lead/tin alloy
27. __-mo replay
30. Seaside
32. Credit card user
34. Criminal associations
35. Breath _ __ of relief
37. Phoned
38. Early-1900s art movement
40. Paper craft of Japan
42. Undercover agent
43. Sample food
45. Dem's political rival
46. Prefix with 'dynamic'
47. Sculptor's tool
50. Canadian potato chips since 1987: 2 wds.
54. Flatline
56. Furious
57. Winnipeg band, __ __ Dummies
59. Ancient king of Crete
60. One: German
61. Radiant visions of light
62. "This __ __ outrage!"
63. Web feed syst. for updates
64. Climber's li'l conquests

Down
1. Hub of activity for guests, bellhops, checking in, etc.: 2 wds.
2. Shakespearean suffix
3. Lions as sound-makers
4. Boat race meets
5. Good vs. __
6. More like a doily
7. Gooey gunk
8. Rabbit-like animal
9. Elvis Presley's middle name at birth
10. Float, as a scent
11. "No Scrubs" group
12. 1995 Montell Jordan hit: "This Is How __ __ It"
14. "I __ for Miles" by The Who: 2 wds.
16. Hi-__ graphics
20. Ben Kingsley title film role
22. "__ __ _ say, not..."
26. Poet T.S. (b.1888 - d.1965)
27. Calgary's football team
28. Actress Ms. Anderson
29. Association, for short
30. Sudden political takeover
31. Type of soy sauce
33. Hillsides
34. Rap music's Hammer, et al.
36. Ancients like Aristotle
39. Mr. McQueen's
41. Bestselling author John
44. Many call it football
46. British car, __ Martin
48. She's opposite
49. Ms. Kudrow
50. Mariah Carey album: 'The Emancipation of __'
51. Goo Goo Dolls hit
52. Capital city of Yemen [var. sp.]
53. Reality star Ms. Jenner
55. Ands: French
58. Famed tomb king

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6		8		1				
			6				2	
	5			9		7		
7		1	4		3	6		
	8						5	
		3	8		1	4		9
		5		2			3	
	7				4			
				3		2		1

Friday's Sudoku

7	8	3	4	9	1	6	2	5
4	5	2	6	7	3	1	9	8
1	9	6	5	2	8	7	4	3
8	2	4	1	5	6	9	3	7
5	7	9	2	3	4	8	1	6
6	3	1	9	8	7	2	5	4
9	4	8	3	6	2	5	7	1
3	6	5	7	1	9	4	8	2
2	1	7	8	4	5	3	6	9

Today 8°/2° Partly cloudy
Tuesday 7°/4° Showers 40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

FLIGHT CENTRE Unbeatable
Los Angeles Vancouver Canucks
Rail + 2 Nights 4-Star + Game Tickets
from $699
INCLUDES rail, accom and lower bowl tickets to the Mar 23rd game Canucks vs LA Kings.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex. Vancouver. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #H02790

Epic Rides
VANCOUVER TO WHISTLER EXPRESS SHUTTLE ONLY $35!
(SAME DAY ROUND TRIP)
Epic Rides shuttle service from Vancouver to Whistler is now operating daily!
WE TAKE BIKES FOR FREE IN THE SUMMER
SPECIAL OFFER • Book 1 round trip to Whistler for $35 and you can book another round trip on a WEEKDAY for $20!
Visit EpicRides.ca to book now!

Sant Baljit Singh
Is Your Life in BALANCE yet ?
604-317-2747
www.santmat.net

Simple changes can bring more meaning to your life.

Create happiness and well being.

Ongoing free programs on the spiritual practice of meditation on inner Light and Sound.

Wednesdays 7 pm & Sundays 1 pm
Centre for Peace
1825 West 16th Avenue
Vancouver, BC V6J 2M3
Room # 201 (Meditation Room)

Maximize your Return by Selling to J&M

Diamonds *Buying 20 pt. and up*

We are particularly interested in larger diamonds of 1 carat and up.

We have been the #1 choice since 1967

Gold Coins and Bars

1 oz. modern, sealed bars	$1,617.14
1 oz gold Maple Leaf	$1,627.02
1 oz. Krugerrand	$1,573.75
Sovereign	$368.56

Antique Jewellery

Silverware

We have been the #1 buyers for many years even though some new buyers claim honesty and best prices.

Item/Description	The Other Buyers Pay	J&M Pays
10kt scrap gold, per gram	$15.90	$19.24
14kt scrap gold, per gram	$22.29	$27.02
1 oz. Recognized Gold Bar	$1,547.39	$1,617.14
1 oz. Gold Maple Leaf Coin	$1,579.96	$1,627.02
Sterling Silver, per Gram	$0.59	$0.74
Silver Canadian Coins from 1966 and earlier, per $1 face value	$14.36	$15.71

Prices in this ad based on **gold** @ U$1,601.72 and **silver** @ U$29.30 and a USD/CAD exchange rate of 1.0128 on **February 19, 2013**, the day this ad was created.

Silver Coins and Bars

1 oz. silver bar	$30.43
10 oz. silver bar	$307.42
100 oz. silver bar	$2,983.05
1 oz. silver Maple Leaf	$30.79

Watches

Rolex, Vacheron & Constantine, Patek Philipe, Breitling, Omega, Jaeger LeCoultre, Select Cartier, and many other high-end watches.

Canada Collector Coins

1948 $1	$900.00 and up
1890H 50¢	$500.00 and up
1875H 25¢	$200.00 and up
1889 10¢	$350.00 and up
1921 5¢	$4,000.00 and up
1923 1¢	$14.00 and up

Silver Coins *Per $1.00 Face Value*

Canada 1968	$9.58
Canada 1967	$12.25
Canada 1966 and earlier	$15.71
USA 1964 and older	$19.07

Scrap Gold *Per gram*

10kt	$19.24
14kt	$27.02
18kt	$34.81

Voted #1 Jewellery Store in the 2011 *Readers Choice Awards*, Stars of Vancouver!

Consumer's Choice Award Winner *Best Local Jeweller* for 9 Years in a Row!

FINE JEWELLERY · COINS · BULLION · FOREIGN EXCHANGE · J&M · Since 1967

J&M Coin & Jewellery Ltd.

Vancouver Showroom 127 E. Broadway, Vancouver, BC V5T 1W1 604-876-7181
Metrotown Centre 348 - 4800 Kingsway, Burnaby, BC V5H 4J2 604-439-0753

VISA · MasterCard

Plenty of FREE PARKING underneath our Vancouver store, entrance off 8th Avenue

Jewellery and Watch website **www.iorio.com** Jewellery and Coin Auction website **www.collectible-trade.com**
Coins and Collectibles website **www.jandm.com** Precious Metals website **www.bullioncoinsandbars.com**